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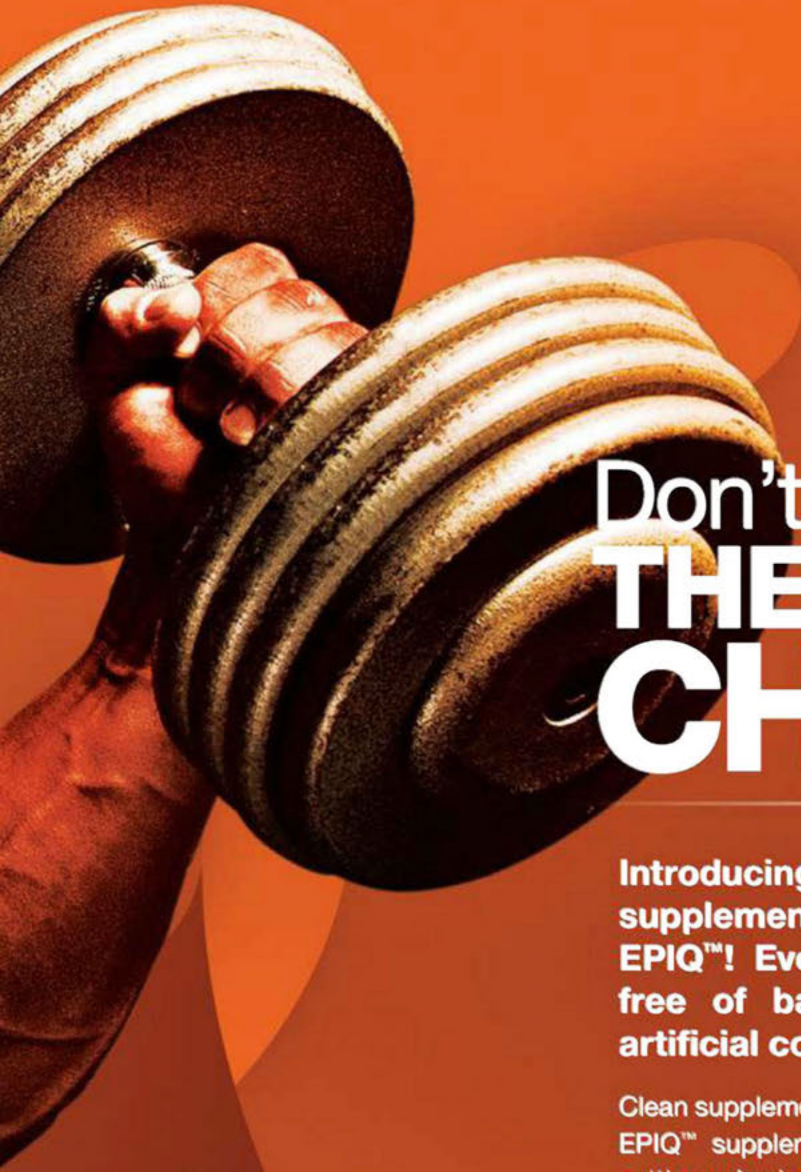

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EDGE

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This month we feature Ronnie Coleman's leg-training tactics, Jim Stoppani's Smith machine hip thrust, a close-up look at dragon fruit, and more.

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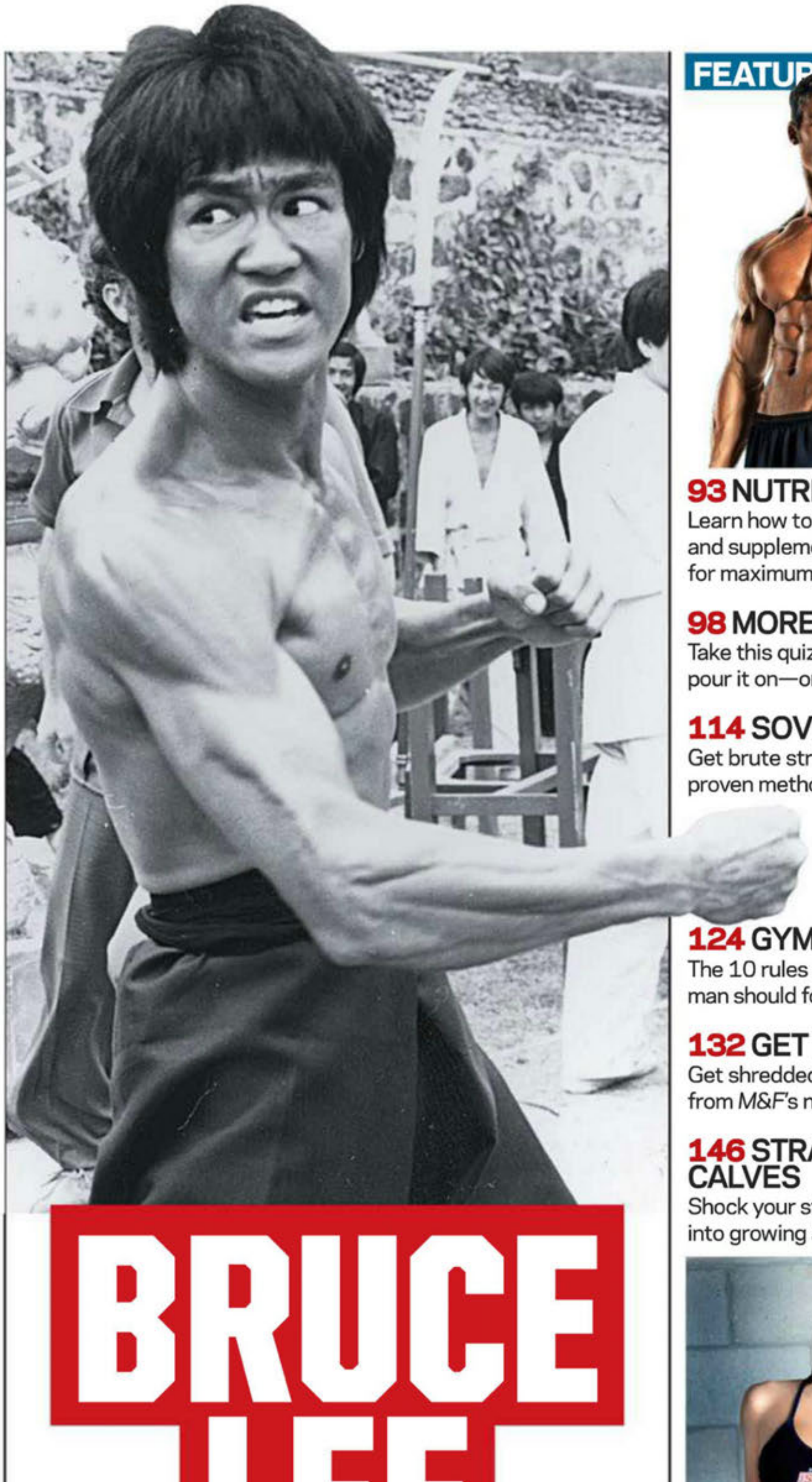

BRUCE LEE

PG. 70

On the 40th anniversary of his breakout year, and his untimely death, we look back to examine the impact of the greatest martial arts film star of all time.

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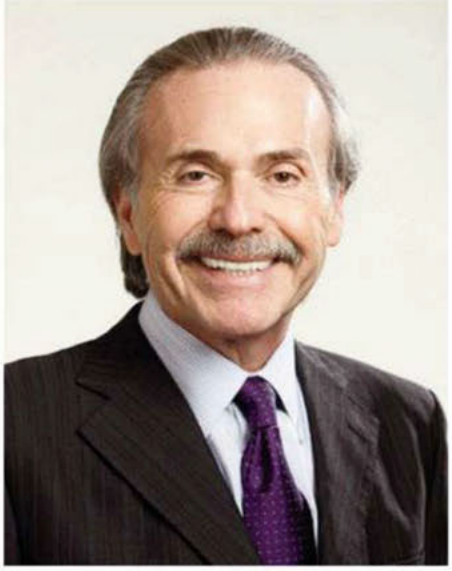
From the Chairman

It's hard to overstate the impact this month's cover star, Bruce Lee, has had on the fitness movement. Much more than just a martial arts film star, Lee has inspired millions with his physique, work ethic, discipline, and the kind of charisma that comes along but once in a generation. In short, he was an amazing man, and on the 40th anniversary of his rise to international stardom, and his untimely passing, I'm proud to have him on our cover.

You've no doubt noticed the changes we've made to this magazine over the past couple of issues—how *Muscle & Fitness* is now more goal-oriented than ever before, with an even higher concentration of training articles. Well, the changes haven't stopped with the magazine. *Muscleandfitness.com* has been redesigned from the ground up, to maximize user experience and provide you with everything you need to get the body you want. From original articles and videos to expert bloggers to our fully stocked supplement store (*muscleandfitness.com/store*), we provide you with the ultimate online destination for all things related to a peak physique.

Speaking of muscle, there's no place in the world where you'll find more of it than at the Olympia Fitness and Performance Weekend, and this year's event, to be held Sept. 26–29 in Las Vegas, is sure to be the most exciting ever. That's because in addition to a bigger venue, more events, and more prize money than ever before, four-time Mr. Olympia Jay Cutler will be making his return to competition! The battle between him, two-time and reigning champ Phil Heath, and 2012 runner-up Kai Greene is sure to be one for the ages. Go to *mrolympia.com* for details.

Finally, I'd like to restate my commitment to supporting CrossFit. The more I learn about it, the more respect I have for its athletes, and the more convinced I am that what we're seeing now is just the start of a sea change in fitness, and a positive one at that. Kudos to Reebok and GNC for the roles they've played in helping promote CrossFit, and of course to CrossFit founder Greg Glassman, whose vision has helped millions the world over achieve a level of fitness they'd never dreamed possible. Let me state for the record that *Muscle & Fitness* is proud to be associated with CrossFit and will continue to support this amazing fitness movement.



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THE SPRINTER

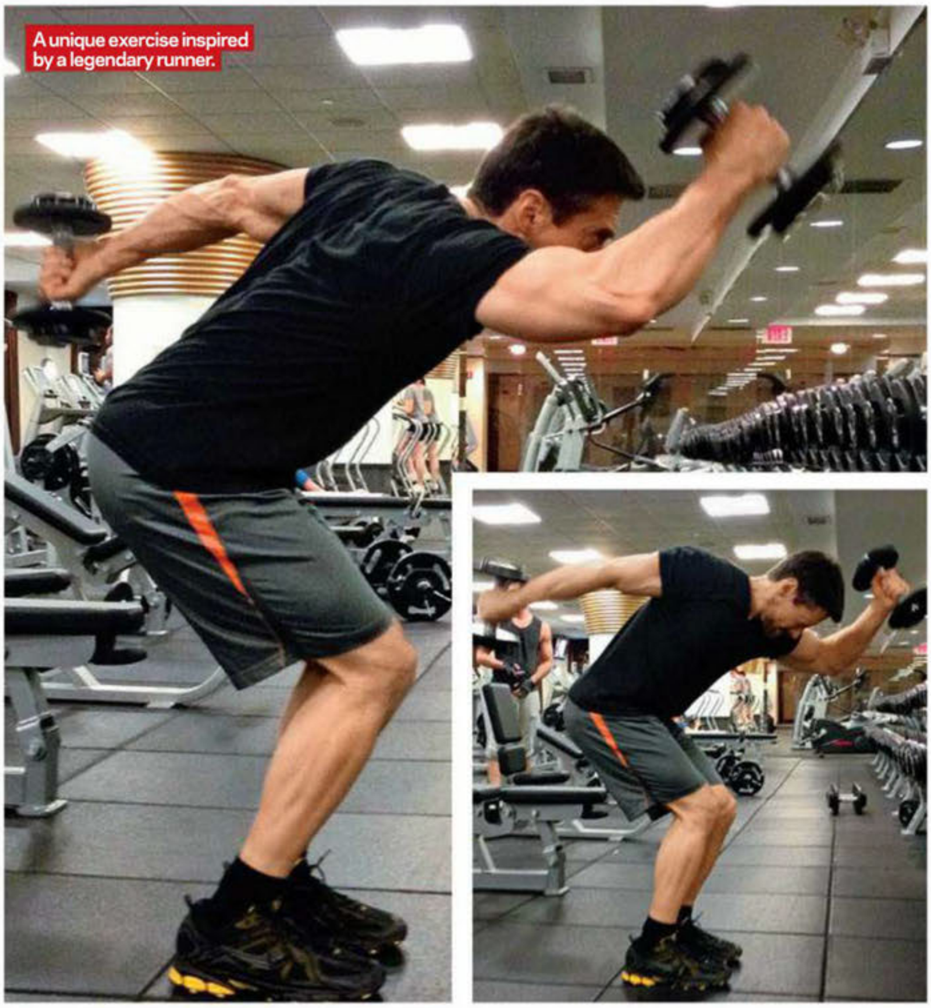
ADD THIS UNIQUE MOVE TO YOUR WORKOUT TO DEMOLISH YOUR DELTOIDS

In the summer of 1996, everyone was watching the Olympics, held in Atlanta, and all eyes were fixed on Michael Johnson. The world-record-setting sprinter with the unorthodox running style and gold Nikes would go on to win the 200m and 400m sprints by the kinds of margins of victory we're now used to seeing Usain Bolt take over his competition. In addition to being a sprinting phenom, Johnson possessed amazing musculature—the kind you might find in NPC Physique competitions these days.

Like everyone else, I watched Johnson intently, but not only to see him shatter records. In every slo-mo replay of his dashes what also caught my attention most—even more than his dazzling shoes—were his delts. They were big and round, and with each pump of his arms their fibers popped into relief, first in his anterior delts, then posterior. To me it looked as if he were making up for his awkward upright stance by powering through his races with extra shoulder action.

The next time I was scheduled to train delts I had sprinting on my mind. Johnson was a guy who didn't specialize in bodybuilding-style training but who had the kind of deltoid development any bodybuilder could appreciate. I thought about those popping fibers, and the action of a sprint, and decided to see if I couldn't emulate the movement in the gym.

I may have invented the exercise I call "the Sprinter," but if I didn't, I would imagine the person who did was similarly influenced by watching a runner in action.


A unique exercise inspired by a legendary runner.

To do the Sprinter, grab a pair of dumbbells that are about the weight you'd use for dumbbell front raises or laterals. Bend at the hips, keeping the back straight, until your torso is at about a 45-degree angle to the floor. Now raise one dumbbell in front of you, elbow pointing toward the floor, as you raise the other behind you. Then do a controlled swing of the dumbbells until your hands are at the opposite ends of where they were for the last rep. Keep your elbows slightly bent and don't fight the torque your body will undergo with each swing. Instead, use it to help raise the dumbbells higher. I like to envision myself taking off from starting blocks to nail down the form. Go back and forth like this until you've reached your target number of reps, counting out a full rep only when you've completed a forward and back motion with each arm.

The Sprinter hits the anterior and posterior heads of the deltoid nicely, and when paired with lateral raises and presses, helps to make up a complete shoulder workout.

More power to you,
Shawn Perine
Editor-in-Chief
editor@muscleandfitness.com
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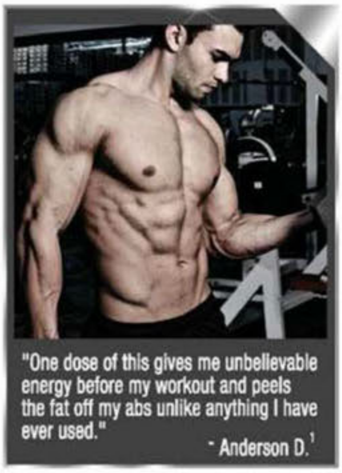
- Eli N.[1]



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- Anderson D.[1]

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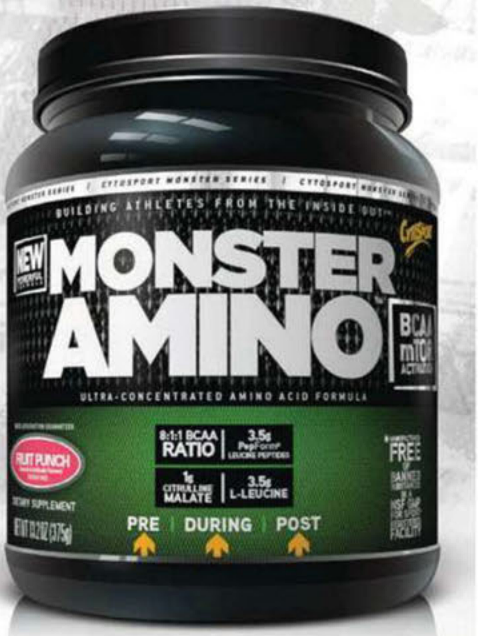
[1]Photos are of members of Team BPI who received complimentary products in exchange for their testimonals.



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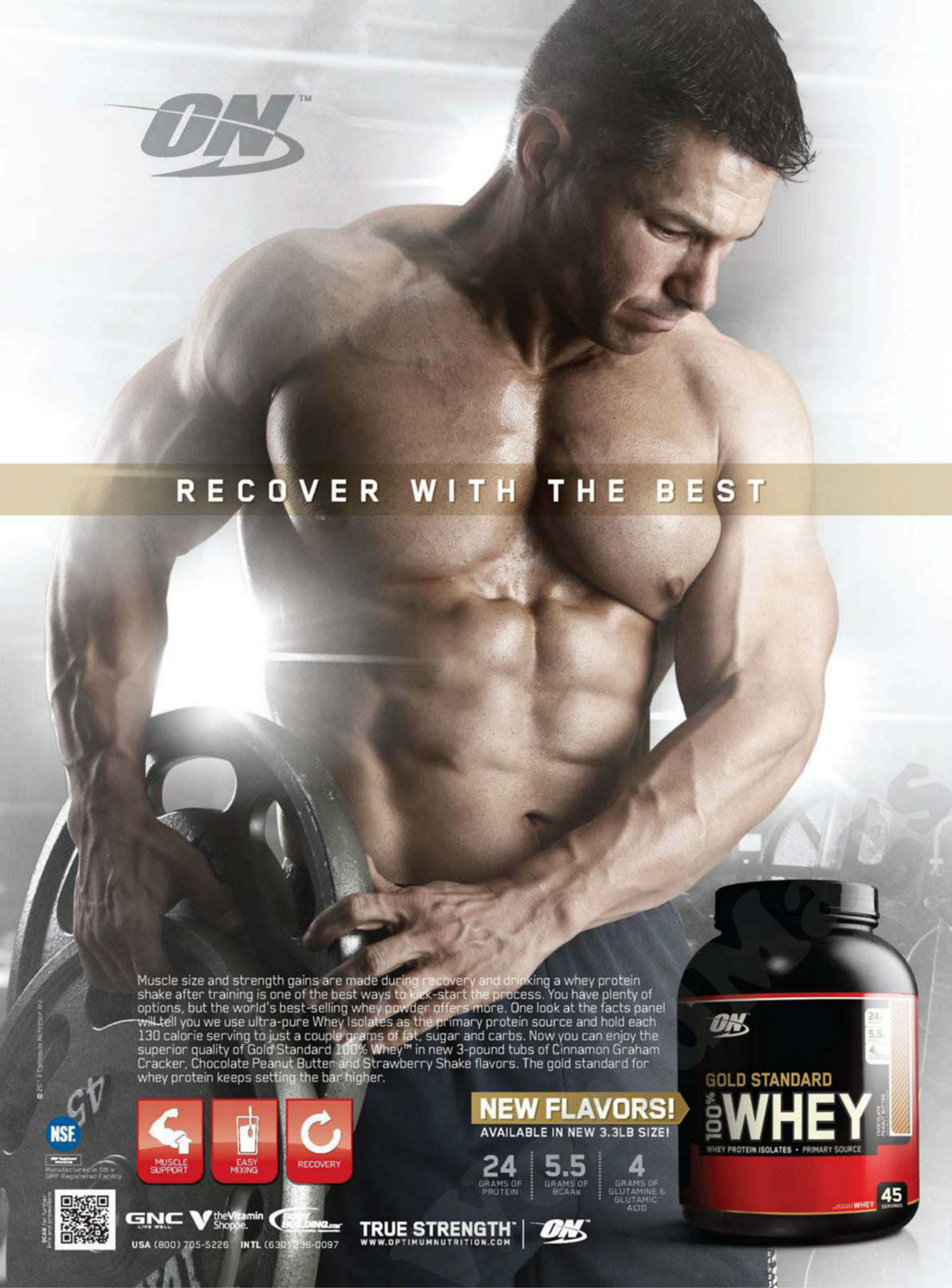

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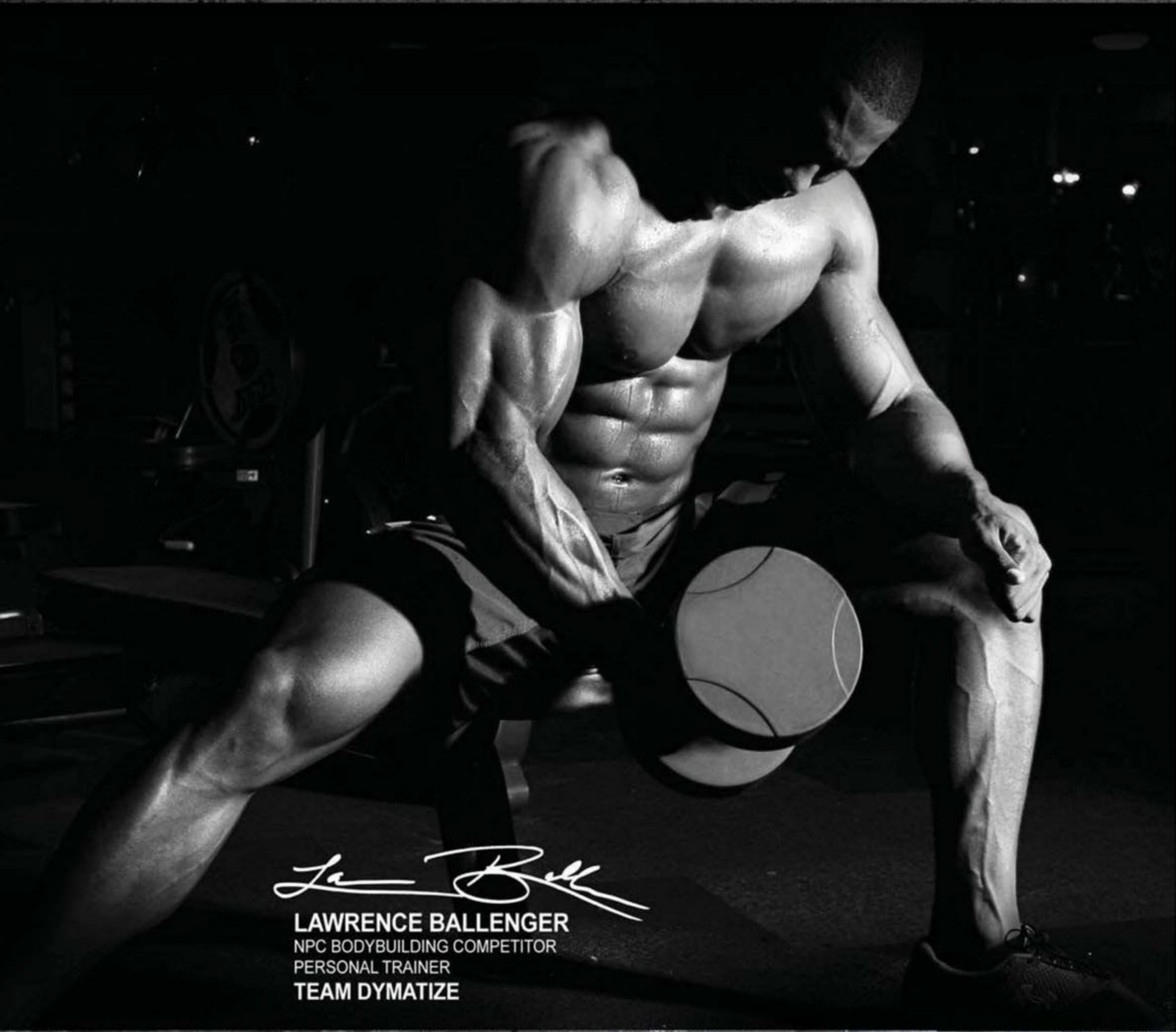
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* PRO Bodybuilder

SATURDAY (Biceps/Triceps)

4 sets of 8-10 reps

- Standing bicep curls
- Wide grip barbell curls
- Preacher Curls
- Cable tricep pull downs
- Reverse grip pull downs
- Skull crushers
- Weighted dips

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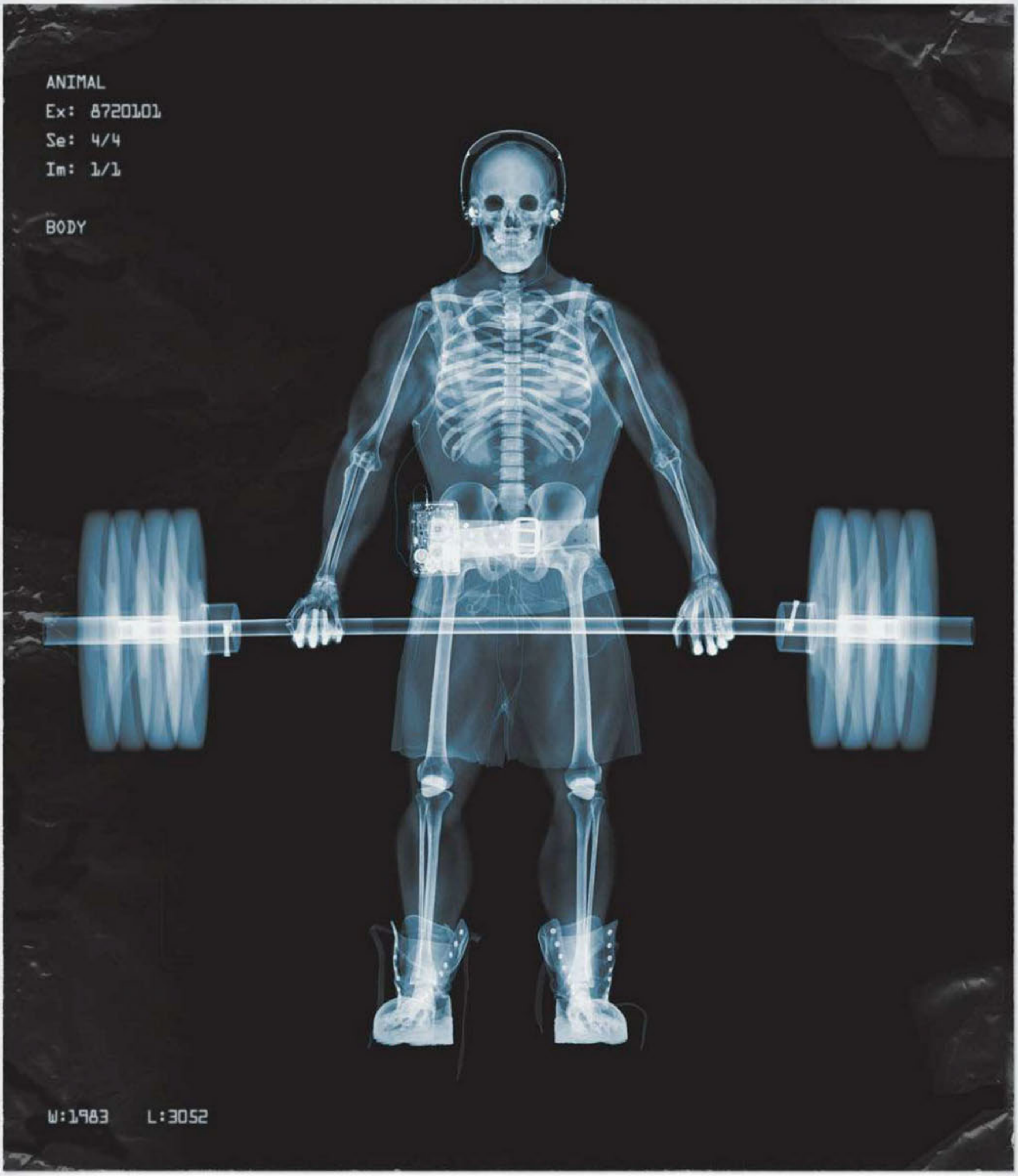

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—ARNOLD SCHWARZENEGGER

THE ARNOLD TURNS 25

AFTER A QUARTER-CENTURY, THE WORLD’S LARGEST SPORTS FEST HAS ANOTHER GROWTH SPURT

The 2013 Arnold Sports Festival marks the 25th year of the event, and what was once a humble one-day bodybuilding show in 1989 is now the largest sports festival in the world and spans an entire weekend. The Arnold has expanded to include 45 sports and is still growing. This year’s festival will see the addition of the Highland Games, K-1 kickboxing, and more. If you’re making the trip for the first time, you can jump in on the action in the annual “pump and run,” which is a bench press followed by a 5K. Of course, the Arnold Sports Festival is still best known for its bodybuilding contest and, to a growing extent, its strongman competition. This year, Mike Jenkins looks to defend his Arnold strongman title while fending off the likes of two-time champ Derek Poundstone and six-time champ Zydrunas Savickas (see page 170 for more on Savickas).

THE ARNOLD SPORTS FESTIVAL BY THE NUMBERS

175,000	Estimated number of fans who will attend.
1970	The year Arnold won the Mr. World in Columbus, OH. The experience inspired him to hold the festival there.
18,000	Estimated number of competitors across all of the weekend’s events.
1994	Year in which *SNL* bodybuilding characters Hans and Franz appeared onstage with Arnold.
4	Number of days the Arnold Sports Festival in Ohio will run. For tickets and info, visit *arnoldsportsfestival.com*
10	Number of $2,000 college scholarships offered to student athletes throughout various competitions.

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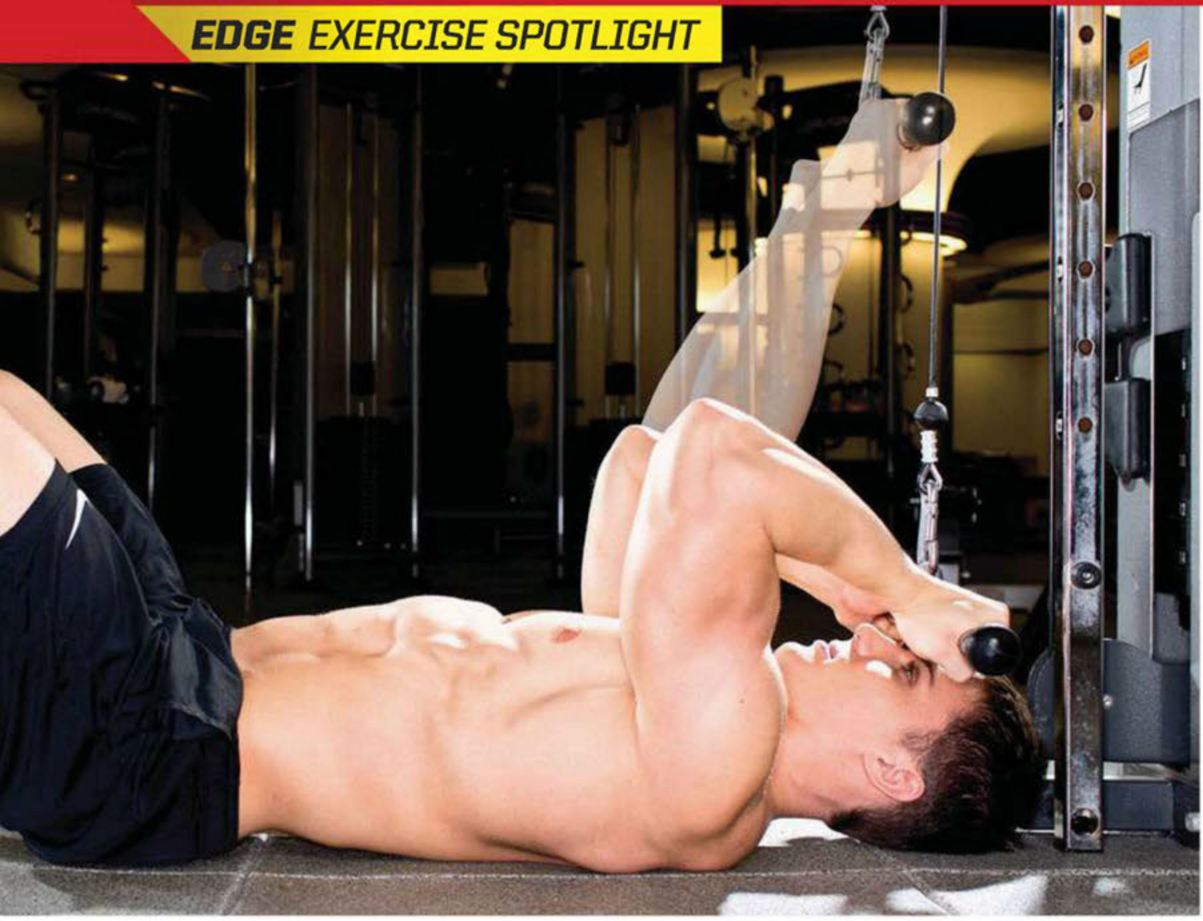

LYING CABLE CURL

TRIGGER NEW BICEPS GROWTH WITH THIS ISOLATION MOVE

BY JOE WUEBBEN

Few things can derail your biceps progress more than lack of exercise variety. There's pretty much only one movement you can do for the bi's (the curl), and doing only barbell and dumbbell curls can get stale. Lucky for you, we've got a cure for the boredom: the lying cable curl. It's the perfect finishing move for a workout that also includes heavy barbell and/or dumbbell curls. Include this exercise on your next arm day and you'll be a little less bored—and a lot more pumped in the biceps.

The Curl Zone

Follow these instructions to bring a more intense burn to your biceps via cables.

SET UP

■ **1. Lie on the floor in a cable crossover** station with your head a foot or so from the weight stack.

■ **2. Grasp a straight- or EZ-bar attachment coming from a high pulley,** setting up with a palms-up grip (forearms facing you).

■ **3. Begin with your arms fully extended toward the ceiling,** your knees bent, and feet flat on the floor.

DO IT

Keeping your upper arms completely stationary (more or less perpendicular to the floor), **contract your biceps to bend your elbows and curl the bar down to your forehead.** Touch down lightly, squeeze your biceps hard for one to two seconds, then slowly return to the arms-extended position.

QUICK TIPS ▶

WHERE IT HITS
Biceps

WHEN TO DO IT
At the end of your workout, after barbell and DB curls

HOW TO DO IT
2-4 sets, 8-15 reps

WEIDER PRINCIPLE: REVERSE PYRAMID

WHAT IT IS

The exact opposite of the traditional (more often used) pyramid, which involves increasing weight and decreasing reps each set for a given exercise. **With reverse pyramids, you use your heaviest weight on the first set, then go lighter with a higher-rep count** on each successive set.

WHAT IT DOES

With traditional pyramids, you perform your heaviest set last, when your muscles are already fatigued from previous sets. Conversely, **pyramiding reverse-style has you perform your heaviest weight when you're at your freshest,** which, theoretically, should allow you to either use a heavier weight or do more reps with the same weight. As a result, more work is completed for that exercise, with the potential for greater growth.

HOW TO USE IT

On a given exercise, pick a weight for your first set that you can do for only 6–8 reps. Complete that set, then decrease weight for Set 2 by 10–20% and complete 8–10 reps. **Repeat the weight decrease for Sets 3 and 4 so that you're doing 10–12 and 12–15 reps, respectively.** Reverse pyramids can be used on virtually any exercise for any muscle group.

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QUICK TIP
If you don't want to lie on the gym floor, you can also **do this exercise on a bench placed inside the Smith machine.**

LOWER-AB BLAST

USE THE SMITH MACHINE HIP THRUST TO BLAST THE BOTTOM OF YOUR SIX-PACK

BY JIM STOPPANI, PH.D.

Q Weighted crunches and cable crunches make it easy to target the upper abs with more resistance, but what's a good way to do the same for the lower abs?

—A. GIBSON, MIAMI, FL

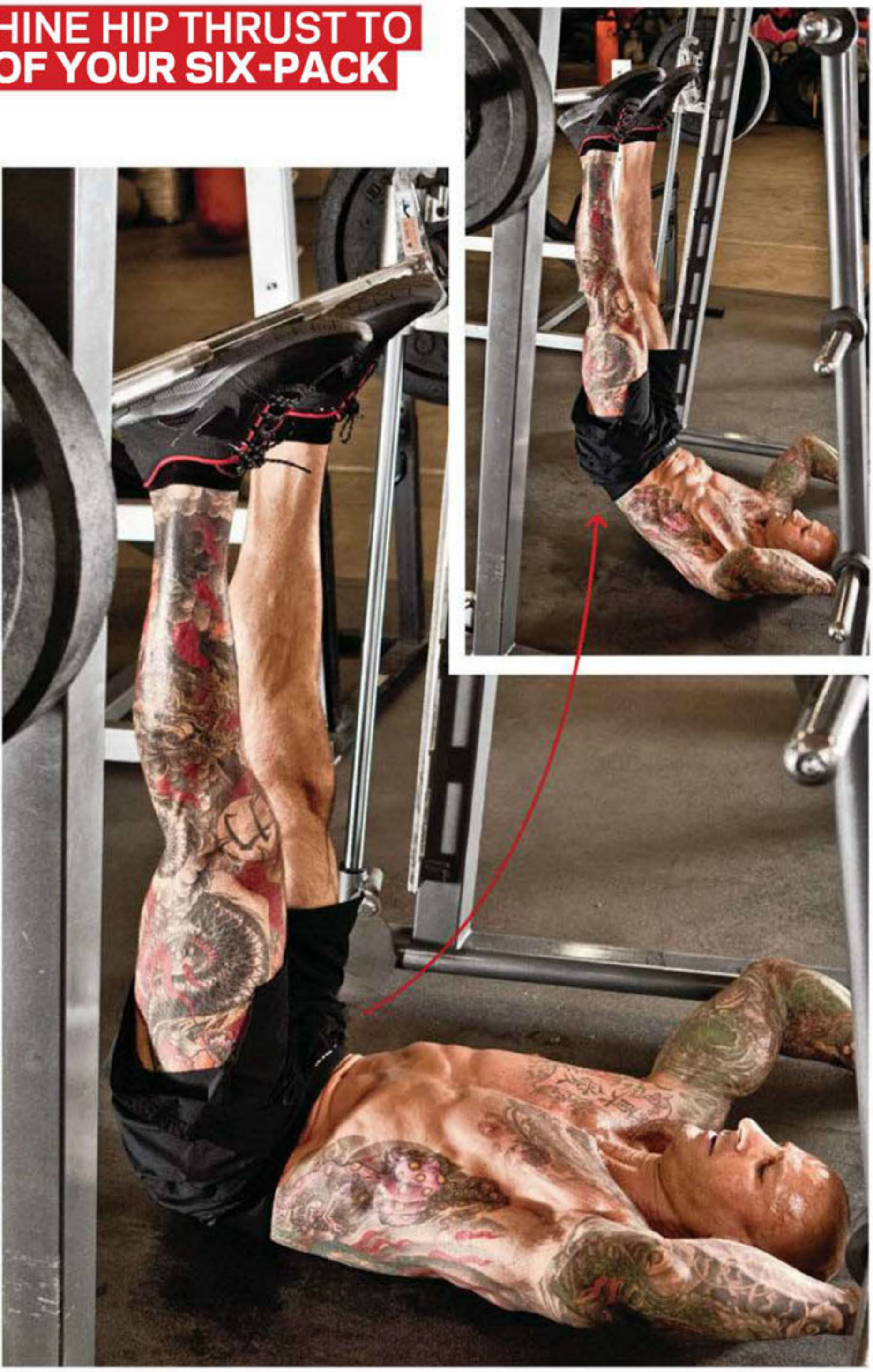
A It can be difficult to add resistance to exercises that focus on the lower abs. That's why I developed the Smith machine hip thrust. To do it, lie on your back on the floor in the middle of a Smith machine. Place your feet under the bar and roll the bar with your feet to unlatch the safety hooks. Extend your legs straight up while supporting the bar with your feet. Your body should form an L in this position with your hips bent at about 90 degrees and knees straight. Hold onto the machine or place your hands on the floor at your sides. Use your lower abs to lift your hips as high as you can. Hold the top position for a second, then lower your hips back down to the start position.

The Workout

Use the Smith machine hip thrust in this workout to build stronger abs

EXERCISE	SETS	REPS	REST
Smith Machine Hip Thrust	3	8–12	1 min.
Cable Crunch	3	8–12	1 min.
Cable Woodchopper	3	8–12	*

**Take no rest from one side to the other until both sides have completed 3 sets.*



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CON-CRĒT To see the Smith machine hip thrust in action, watch Stoppani's video series, *M&F RAW!*, sponsored by ProMera Sports Con-Crēt—at **muscleandfitness.com**

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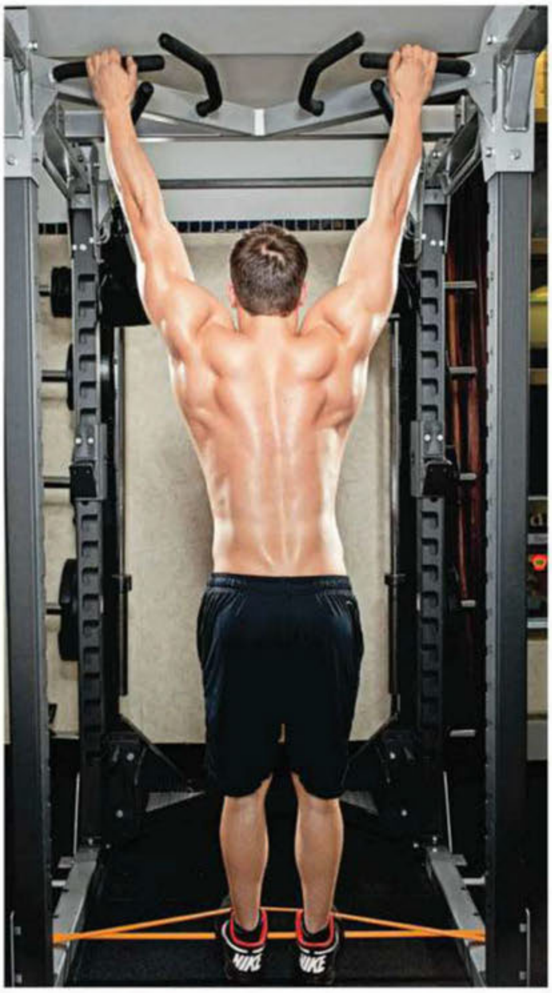
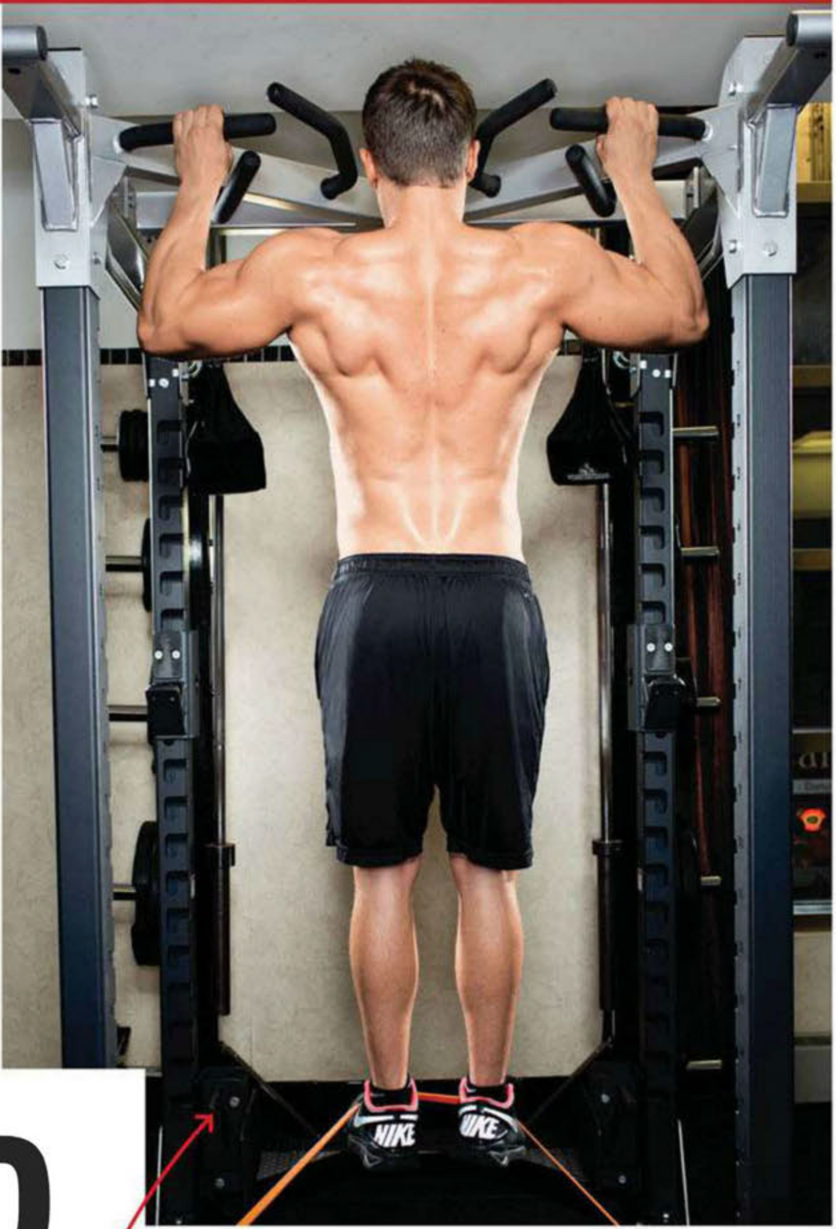
QUICK TIP You can double the resistance by hooking your feet under both layers of the band.





BY JIM SMITH, C.S.C.S.

RESISTED PULLUP

REPLACE THE WEIGHTED BELT WITH A BAND FOR MORE MUSCLE

The way to progress on pullups isn't as obvious as with other exercises. You can't simply continue to add reps—you'll just get stuck. One way is to wear a weighted belt to build more strength in the lats, but if you have a resistance band, you've got an even better tool to make solid gains.

Set the J-hooks of a power rack low to the floor, or use band pegs if your rack has them. Wrap the band around the hooks so it's taut, and then hang from the bar and hook your feet under the uppermost length of the band. Perform pullups.

Unlike with a weighted belt, the resistance on the pullup will decrease as you lower your body at the end of each rep. This allows you to store more elastic energy in your lats and improves "reversal strength"—the ability to pop out of the bottom position quickly. Another benefit is increased core stability. When wearing a belt, you can still bend your knees, shortening the lever you have to overcome to do the lift (this makes pullups easier). Keeping your feet hooked under the band means your legs must remain straight, and that forces more work from your core to keep the movement under control.

BANDS BEAT BELTS
Three more advantages

BANDS ARE CHEAPER
A good band will retail for around $5, while a pullup/dip belt goes for more than $40.

EASIER TRANSITIONS
If you're training with buddies, you can all use the same band rather than loading and unloading weight plates from a belt.

MORE VARIETY
Bands can be set at different angles to change the move, leading to more gains. A belt can give you only vertical resistance.

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ROB ORLANDO

A competitive strongman and CrossFit athlete, Orlando owns Hybrid Athletics in Stamford, CT.
hybridathletics.net

GET OUTSIDE

Repeated impact with solid ground can help build bone density in the legs and hips. The shock absorption on most treadmills eliminates this effect.

JAMES AND THERESE

RUN LIKE HELL

YOU MAY NOT LOVE TO RUN, BUT YOU'LL LOVE THE RESULTS YOU GET FROM THIS BRUTAL WORKOUT

BY ROB ORLANDO

CrossFit is defined as "constantly varied functional movements performed at high intensity," and following such a program means always having to alter movements, reps, weights, and time domains. The workouts we've covered in CrossFit Corner over the past year often included a wide variety of movements, loads, and rep schemes. But single-modality workouts—workouts that only incorporate one movement—are also a big part of CrossFit.

Running is one of the most basic human movements, and for a lot of people, it's the only form of exercise. In CrossFit, running is just one important part of general physical preparedness, and you'll find it mixed in with other movements or sometimes by itself, as in this month's workout, the Run WOD.

In the Run WOD, the first run is a one-mile time trial, and the goal is to be as fast as possible. Regardless of your time, you get only three minutes of rest, which will fly by quickly. The next effort is a 1,200-meter run. Hit this portion as hard as the first, and try to maintain the same 400-meter splits. After the 1,200, the rest is cut down to two minutes, which will seem cruel when you're gasping for breath.

The third run is an 800-meter sprint. Unless you're a running specialist, the 800 might be the most painful part of the workout: The first two efforts have taken their toll, and the rest period simply isn't long enough to allow for much recovery. You may burst off the line for the 800, but it won't take long before you feel like you're hobbling around the track. Once you cross the line you have only one minute to rest, and then it's time for one more effort, a 400.

Scoring this workout is simple: Start a clock at the beginning of the first run and stop it after the last run. Subtract the six minutes of rest and you have your total running time. The goal should be to maintain a competitive split for each portion. For example, if you run a seven-minute mile, you should strive to maintain a 1:45 pace for 400 meters. This is very difficult, and managing the rest portions is key. Breathe deeply and slowly—in through the nose, out through the mouth—while trying to get prepped for your next effort.

This workout is interesting because the difficulty can vary wildly from person to person. It can feel like a nice jog if you don't attack any of the runs with intensity. But if you hammer each effort as though it's the last competitive WOD you'll ever do, it makes for a very painful 20-plus minutes—and the oxygen debt you create in the process will help you burn fat for hours after the workout is over.

RUN WOD:

↓

RUN
1,600 METERS
REST 3 MINUTES

RUN
1,200 METERS
REST 2 MINUTES

RUN
800 METERS
REST 1 MINUTE

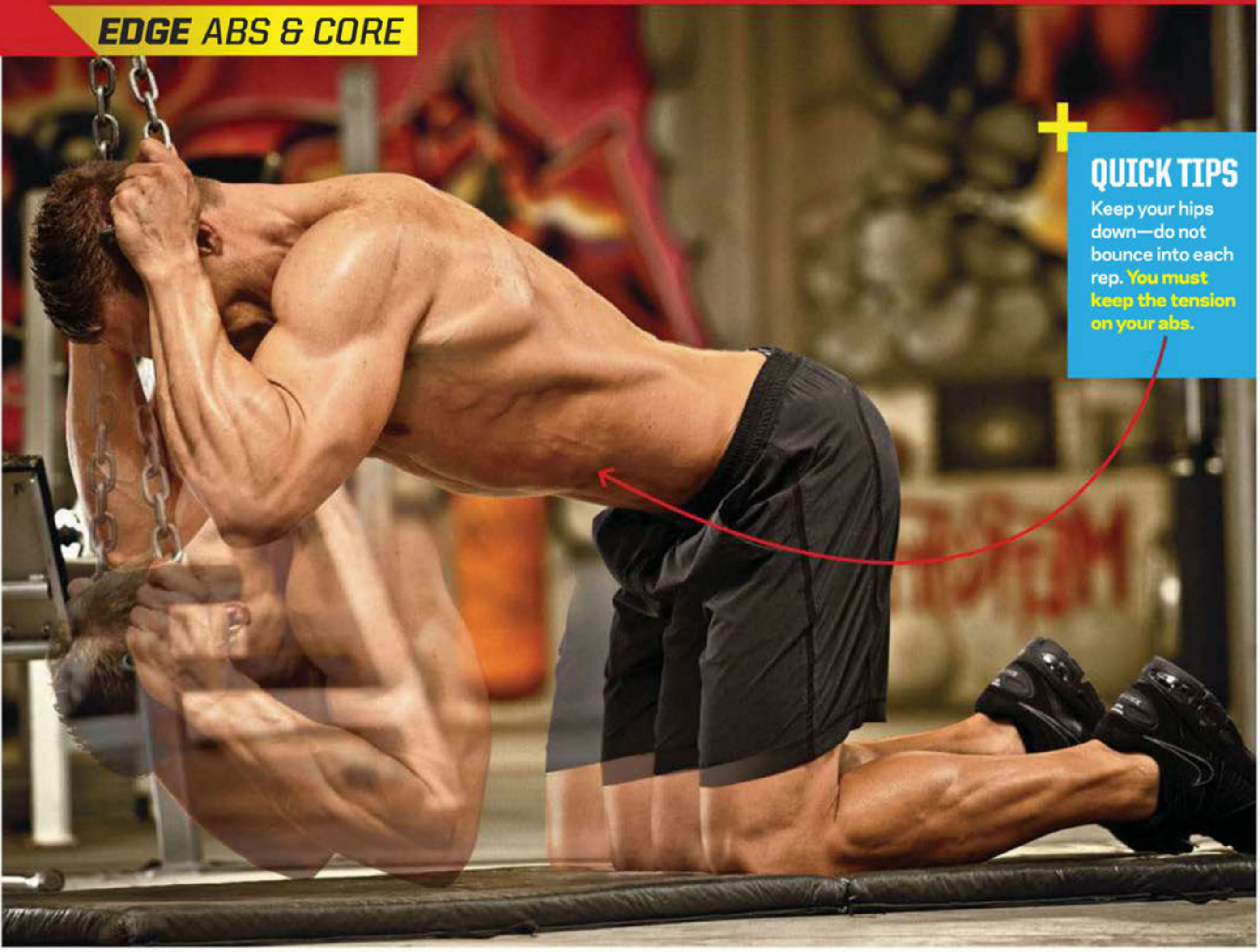
RUN
400 METERS

TAKE YOUR MEDICINE

If you're a regular *M&F* reader, then running probably **isn't your favorite exercise.** For years this magazine has offered up ways to do cardio without having to run, just because so many guys hate it. **But sometimes, the exercises we need most are the ones we dread;** just think of doing this workout like eating your vegetables.

EDITOR'S PICK

"Whether done kneeling, standing, or with one arm at a time, this is my favorite ab exercise. **When you perform them correctly, you'll feel them from top to bottom and along the sides.**—*M&F* EIC Shawn Perine



QUICK TIPS

Keep your hips down—do not bounce into each rep. **You must keep the tension on your abs.**

CABLE CRUNCH

TRAIN YOUR ABS WITH WEIGHT TO **MAKE THEM POP**

BY SEAN HYSON, C.S.C.S.

There's an ongoing debate about whether you need to train your abs with an extra load or just use high reps with body-weight exercises to make them stand out. We'll settle it right now: You need both. Heavy training muscles up your abs as it does for every other body part, so avoiding it is a mistake. Still, the problem most people have with training their abs heavy is the lower-back pain that can result from weighted crunches and situps. The solution? The kneeling cable crunch, which allows you to train your six-pack against strong resistance without aggravating the lower back. Perform it at the beginning of your routine when you're fresh to avoid injury.

How to Do It

- Attach a rope handle to the top pulley of a cable station and grasp an end in each hand. Kneel down facing the stack so your knees are bent 90 degrees. Allow your arms to be stretched overhead—you should feel tension on the cable and a stretch in your abs. Crunch your chest toward your hips and pull with your arms until your head is between your knees and your abs are fully contracted.

Sample Ab Workout

1. KNEELING CABLE CRUNCH

- Sets: 4 Reps: 8–12

2. LYING BENT-KNEE RAISE

- Sets: 4 Reps: 12–15

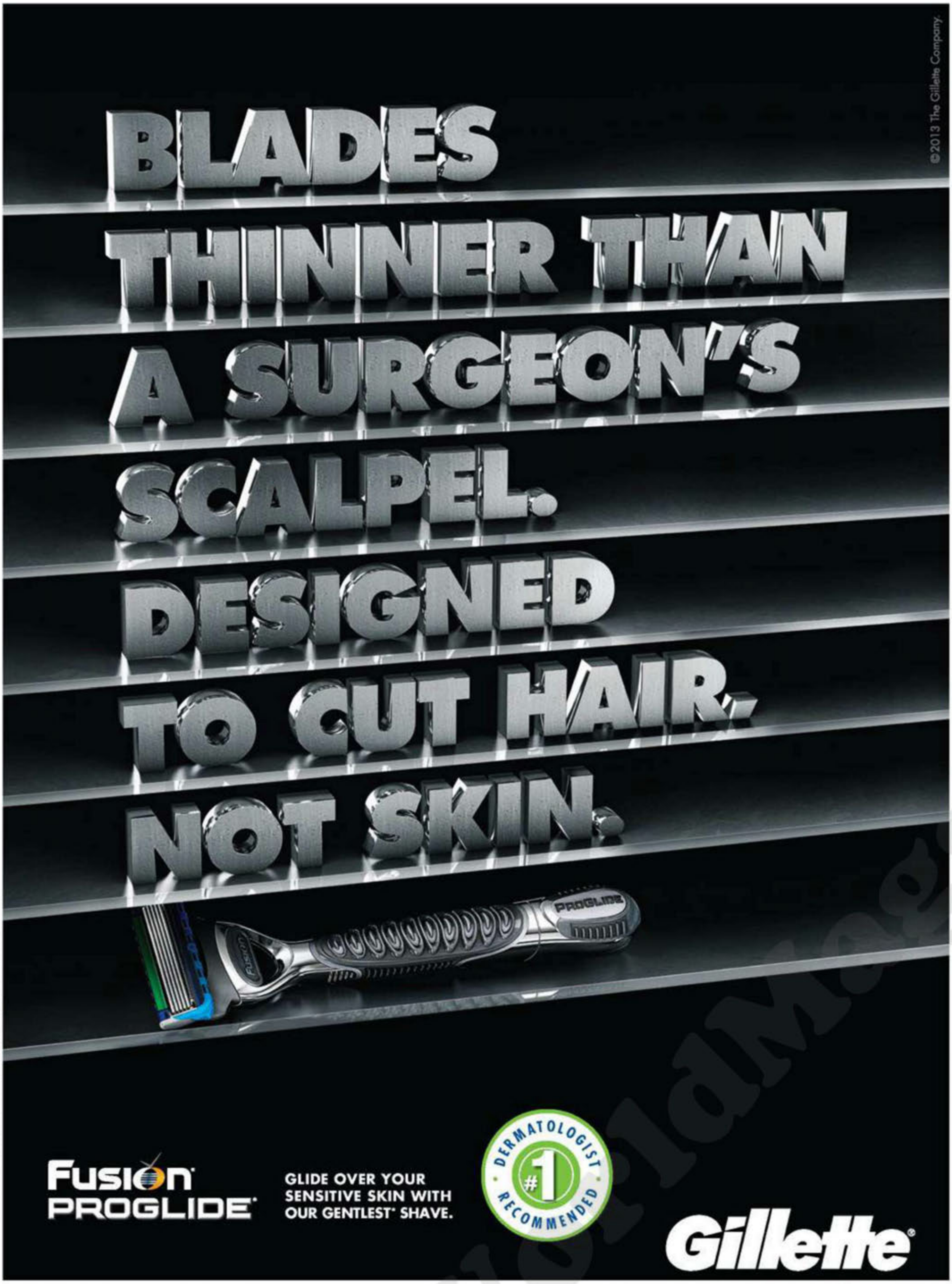
Lie on your back and bend your hips and knees 90 degrees. Raise your hips off the floor and toward your chest.

3. SIDE PLANK

- Reps: Hold for 90 seconds total (each side)

Rest on your left forearm and the outside of your left foot with your hips off the floor. Hold your body straight. Perform as many sets as it takes to reach 90 seconds.

PAVEL YTHJALL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PUMP PROTECTION

FIX YOUR ROUTINE FOR BETTER RESULTS

BY SEAN HYSON, C.S.C.S.

-M&F- RATING: C-

Daniel's Workout

Daniel B. from Rome, NY, asked us to review his chest and shoulder workout. See his plan below and our revision.

BENCH PRESS
Sets: 3 – Reps: 5, 4, 3

DUMBBELL BENCH PRESS
Sets: 4 – Reps: 10, 8, 6, 4*

**Forced reps are performed on the last set to failure.*

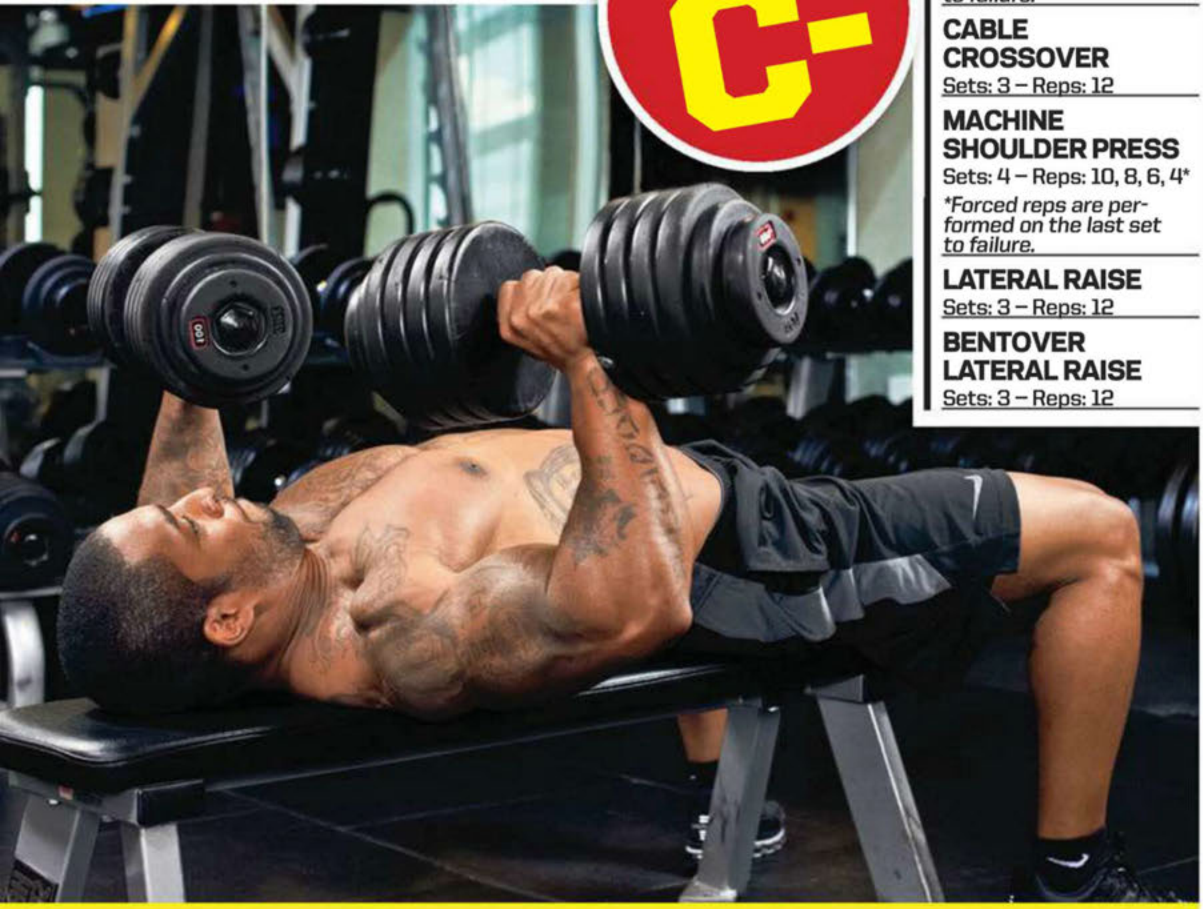
CABLE CROSSOVER
Sets: 3 – Reps: 12

MACHINE SHOULDER PRESS
Sets: 4 – Reps: 10, 8, 6, 4*

**Forced reps are performed on the last set to failure.*

LATERAL RAISE
Sets: 3 – Reps: 12

BENTOVER LATERAL RAISE
Sets: 3 – Reps: 12



New Workout

Warm up to heavy weights and lose the forced reps

■OUR ADVICE: It's obvious that you like to lift heavy, and that's good for muscle growth. But it's not good to jump right into heavy lifting first thing in the workout. If strength is a priority, you need to be fresh to lift the heaviest possible loads, but you should try beginning your workout with a lighter exercise you can use just to get a pump. Swap the order of your dumbbell bench and bench press, so that by the time you get to the big barbell lift, you'll already be sweating, somewhat pumped, and ready to load on the plates. If you use a conservative weight, you won't be too tired to bench heavy.

DUMBBELL BENCH PRESS
■Sets: 4 – Reps: 10

BENCH PRESS
■Sets: 3 – Reps: 5, 4, 3

CABLE CROSSOVER
■Sets: 3 – Reps: 12*

**Perform a dropset on the last set, reducing the weight by 10–20% and pumping out reps until just short of failure.*

MACHINE SHOULDER PRESS
■Sets: 3 – Reps: 10, 8, 6

LATERAL RAISE
■Sets: 3 – Reps: 12*

**Perform a dropset on the last set as described under Cable Crossover.*

BENTOVER LATERAL RAISE
■Sets: 3 – Reps: 12

GUNNAR RULE
DOUBLE DOWN ON ARMS

You want bigger arms. Believe me, I know. So what are you going to do about it? You're going to train them two days in a row. Kooky, huh? But you want results, so we're going to give you a plan of attack, and you're going to win. Frank Zane personally told me it was OK to do this. Here's your approach for the next 8 to 12 weeks:

■Day 1: Biceps, 8–10 sets, going heavy and reaching technical failure right around rep 6 or 7. Rest one full minute between sets, and keep it at two or three exercises max—barbell curls (4 sets), seated incline curls (3 sets), preacher curls (2–3 sets). Triceps, 10–12 sets, with the same reps, rest periods, and number of exercises as biceps; try close-grip bench presses (4 sets), dips (4 sets), and lying barbell extensions (2–4 sets).

■Day 2 (the sequel): Biceps, 6–8 sets, going light this time and reaching technical failure at 25–30 reps. Rest 30 seconds between sets, and keep it at two exercises only—cable curls (3–4 sets) and EZ-bar curls (3–4 sets). Triceps, 8 sets, with same reps, rest periods, and number of exercises as biceps; cable pushdowns (4 sets) and kickbacks (4 sets).

Gunnar Peterson, C.S.C.S., is America's most-sought-after personal trainer. His client list has included the likes of Hollywood celebs and elite athletes like Tom Brady, Carmelo Anthony, and Kevin Love.

ADAM KRAUSE

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STATS ▶ **NAME:** Lawrence Ballenger ● **BORN:** June 17, 1987 ● **HOME:** Chicago, IL
HEIGHT: 6' ● **CALF:** 18" ● **QUADS:** 28" ● **WAIST:** 31" ● **CHEST:** 51"
SHOULDERS: 56" ● **ARMS:** 20" ● **FOREARMS:** 15" ● **NECK:** 17"

LAWRENCE BALLENGER

THIS PHYSIQUE COMPETITOR HAS HIS SIGHTS SET ON BODYBUILDING STARDOM

BY IAN COHEN

As a 6-foot, 170-pound teenager, Lawrence Ballenger wasn't quite ready to take the bodybuilding world by storm, but the winds of change began to blow strong once he started reading about how to train, eat, and recover properly. With the wheels set in motion, it wasn't long before the once-skinny kid from Waukegan, IL, was starting to look like a bona fide bodybuilder.

"When it comes to working out, I'm all business," Ballenger says. "No screaming, showboating, or looking for attention. I do this for me, not the trophies."

And while he may be laid back when it comes to what others think, Ballenger admits that he maintains an elevated level of intensity and focus throughout every training session. He also places a high emphasis on diet and nutrition. "Yeah, we all want to get big, but not by pounding McDonald's or other empty-calorie sources. Eating clean is definitely the way to go, which is why I steer toward complex carbs and lean proteins like fish, chicken breast, and sirloin steak."

As Ballenger's physique progresses, his goal is to obtain both his best physique and bodybuilding pro card, and to work with kids to help inspire them to reach for the stars while staying grounded in health and fitness. *lawrenceballenger.com*

JEFFREY SYGO/COURTESY LAWRENCE BALLENGER

MONDAY: LEGS (4 sets, 8–10 reps)
Leg Extension
Squat (1 extra set of 1–3 heavy reps)
Leg Press (1 extra set of 1–3 heavy reps)
Leg Press
Calf Raise
Hack Squat
Single-leg Press
Single-leg Extension

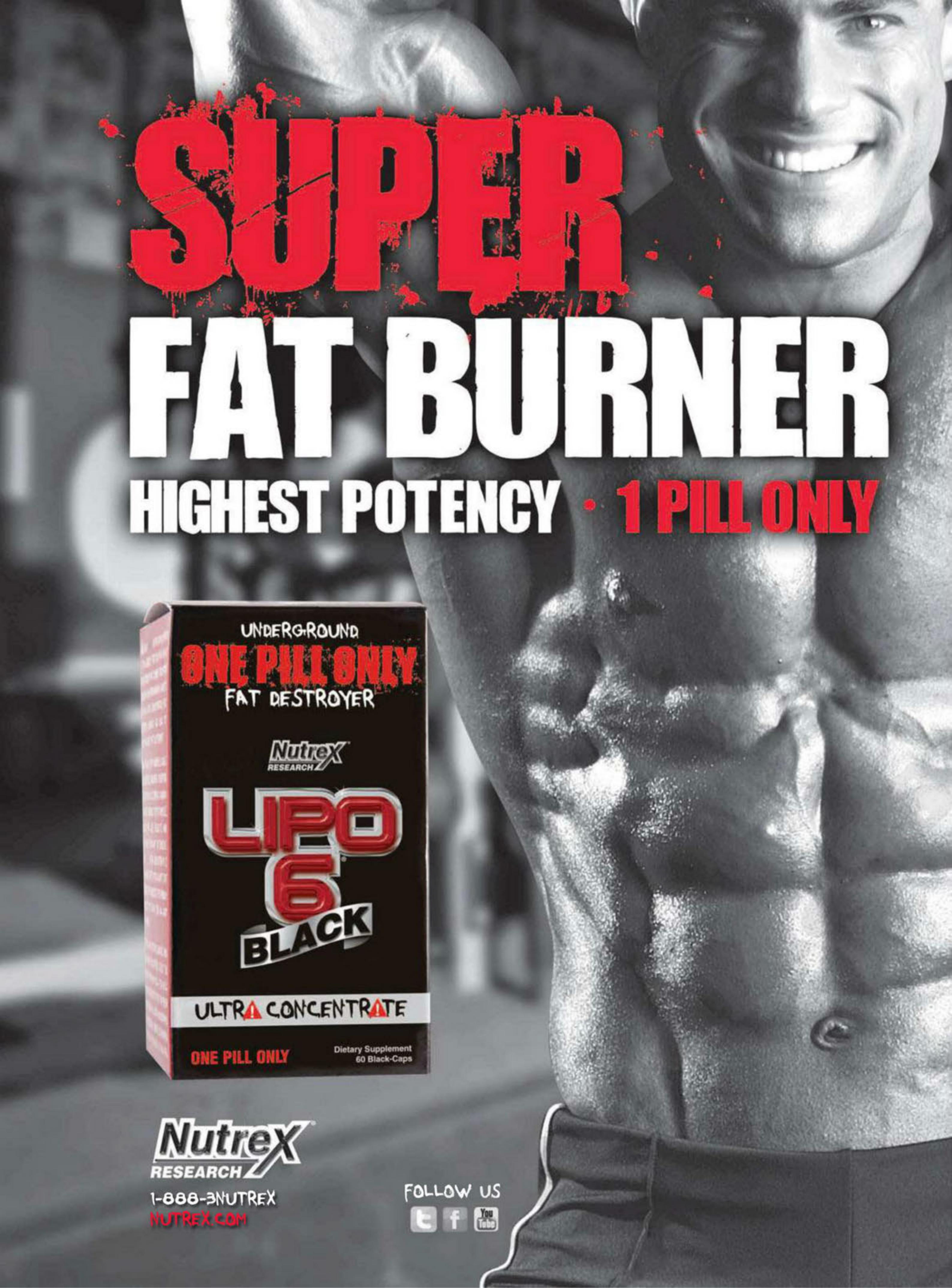
TUESDAY:
A.M. CARDIO
15 100-yd sprints
P.M. BACK (4 sets, 8–10 reps)
Pullup
Lat Pulldown
Wide-grip Barbell Row (1 extra set of 1–3 heavy reps)
Deadlift (1 extra set of 1–3 heavy reps)
Cable Row
Hammer Strength High Row
Single-arm Neutral-grip Lat Pulldown
Shrug

WEDNESDAY: CHEST (4 sets, 8–10 reps)
Incline Bench Press
Flat Bench Press (1 extra set of 1–3 heavy reps)
Incline Dumbbell Press
Incline Dumbbell Flye
Cable Flye
Cable Press
Pec Deck
Incline Hammer Strength
Decline Hammer Strength

THURSDAY: HAMSTRINGS/CALVES (4 sets, 8–10 reps)
Leg Curl
Romanian Deadlift
Reverse Hack Squat
Hip Adductor
Hip Abductor
Standing Calf Raise
Seated Calf Raise
Walking Lunge

FRIDAY:
A.M. CARDIO
3- to 5-mile jog
P.M. SHOULDERS (4 sets, 8–10 reps)
Lateral Raise
Front Raise
Upright Row
Arnold Press
Seated Barbell Military Press
Hammer Strength Shoulder Press
Shrug

SATURDAY: BICEPS/TRICEPS (4 sets, 8–10 reps)
Standing Biceps Curl
Weighted Dip
Reverse Curl
Reverse Triceps Pulldown
Preacher Curl
Skull Crusher
Drag Curl
Cable Triceps Pushdown
Zottman Curl
Single-arm Overhead Triceps Extension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RONNIE COLEMAN: WALKING LUNGE

RONNIE COLEMAN LUNGED HIS WAY TO EIGHT MR. OLYMPIA TITLES

BY GREG MERRITT

For eight years, Ronnie Coleman dominated bodybuilding. From 1998 to 2005, he won not just a record-tying eight Mr. Olympias but also virtually every other contest he entered, including a tally of 23 out of 24. He earned his unprecedented muscle mass the old-school way: with heavy-metal workouts in the hardcore haven of Metroflex Gym in Arlington, TX. Eight-hundred-pound squats, 600-pound T-bar rows, 500-pound bench presses—Coleman was as strong as he looked. The lunge was mostly relegated to aerobics classes until the world's No. 1 bodybuilder made it his signature lift. When it became known that Coleman did walking lunges along the gravel lane in front of Metroflex with as much as 365 pounds during triple-digit heat and even rainstorms, the previously soft-core lunge got a hardcore makeover. It's now viewed as essential for building functional strength and muscle. Because many gyms lack adequate space for Ronnie's weighted walk, the exercise has even adopted an alternative name: the parking-lot lunge.

Coleman's Lunge Routines

Can you measure up to his legendary workout?

WALKING LUNGE TIP SHEET

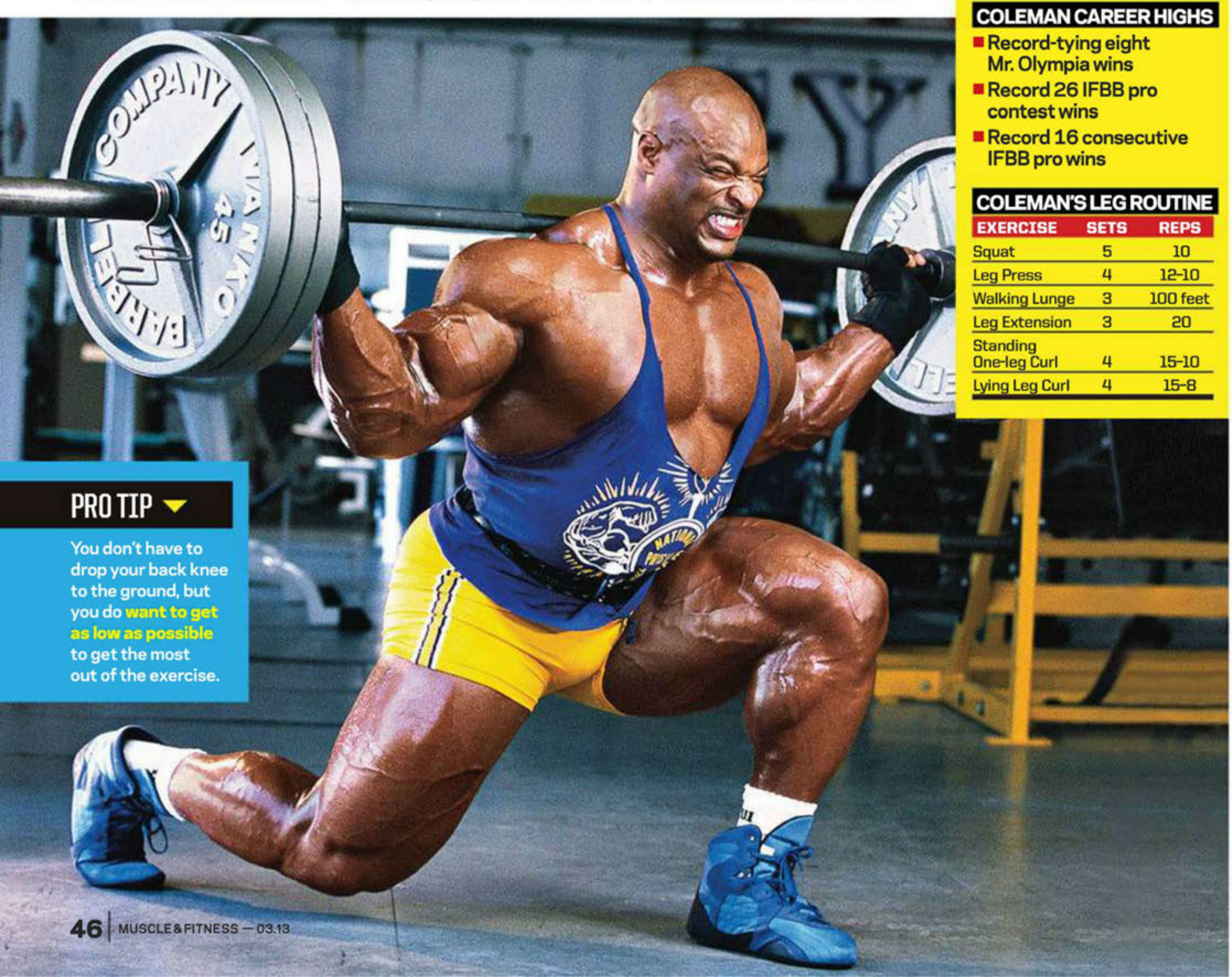
- Lunges, which focus more on the hamstrings and glutes than the quadriceps, are a good segue between quad work and ham work.
- Take long strides, getting a deep stretch on each rep so your trailing knee nearly touches the floor.
- You can balance a barbell behind your neck, hold dumbbells at your sides, or wear a weighted vest.
- If neither your gym nor its parking lot have a lunging lane, lunge in place. Stride forward and then return to the start position and alternate legs on each rep.

COLEMAN CAREER HIGHS

- Record-tying eight Mr. Olympia wins
- Record 26 IFBB pro contest wins
- Record 16 consecutive IFBB pro wins

COLEMAN'S LEG ROUTINE

EXERCISE	SETS	REPS
Squat	5	10
Leg Press	4	12-10
Walking Lunge	3	100 feet
Leg Extension	3	20
Standing One-leg Curl	4	15-10
Lying Leg Curl	4	15-8



PRO TIP

You don't have to drop your back knee to the ground, but you do **want to get as low as possible** to get the most out of the exercise.

CHRIS LUND

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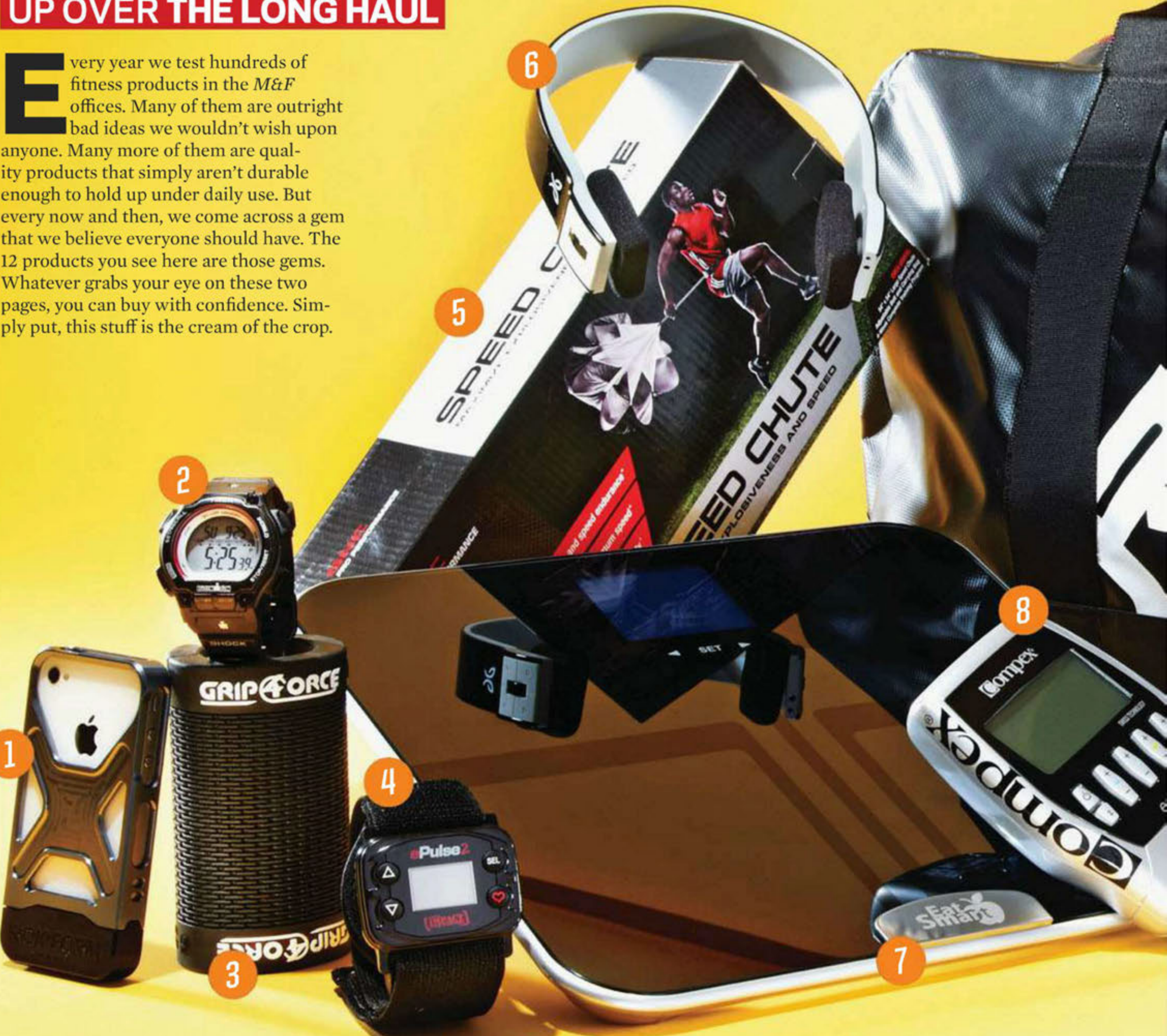
EDGE *EDITORS' PICKS*

THE BEST OF THE BEST

GEAR THAT HOLDS UP OVER THE LONG HAUL

Every year we test hundreds of fitness products in the *M&F* offices. Many of them are outright bad ideas we wouldn't wish upon anyone. Many more of them are quality products that simply aren't durable enough to hold up under daily use. But every now and then, we come across a gem that we believe everyone should have. The 12 products you see here are those gems. Whatever grabs your eye on these two pages, you can buy with confidence. Simply put, this stuff is the cream of the crop.



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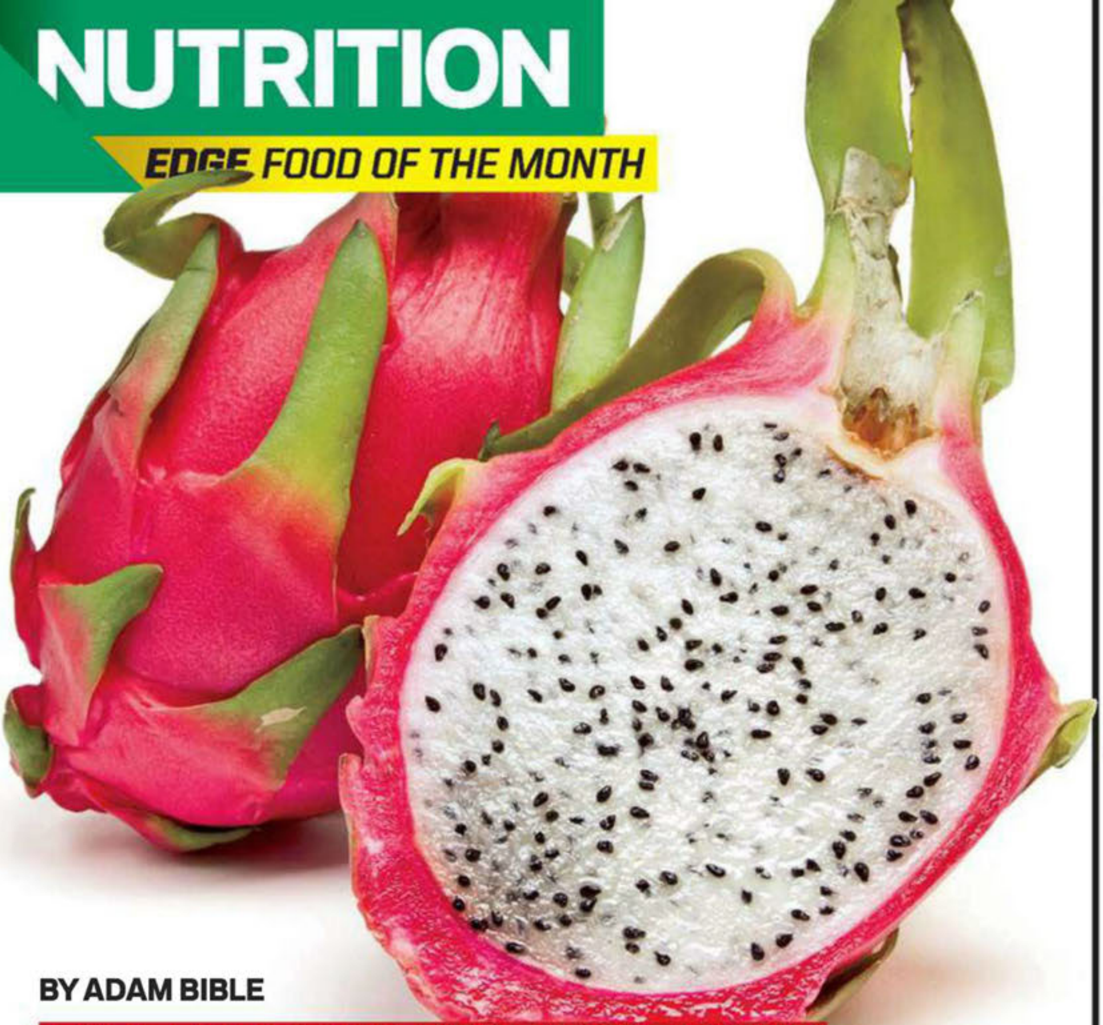
EDGE FOOD OF THE MONTH



BY ADAM BIBLE

FUEL YOUR POST-WORKOUT GAINS WITH AN EXOTIC ADDITION

DRAGON FRUIT

"Dragon fruit, like most fruit, contains carbohydrates, the body's preferred source of energy during a lifting session," says Tara Gidus, R.D., team dietitian for the Orlando Magic. The carbohydrates that make up dragon fruit (also known as a pitahaya) are not complex, so your body can easily break them down as fuel for your muscles. Specifically, the carb content consists of glucose and fructose, and the majority of its fiber is formed from oligosaccharides, powerful prebiotics that spur the growth of good bacteria in your stomach, which can lead to better digestive health and an improved immune system.

Dragon fruit is also an excellent source of vitamin C, providing about 15% of your daily value, along with 10% of potassium and 8% of iron. All of these micronutrients are instrumental in protecting your body from free radicals, producing collagen for strong ligaments and tendons, and for enhancing the function of your blood, bones, and muscles. These spiny wonders are also filled with B vitamins like B1, which aids proper carb metabolism, and B3, which can improve cholesterol levels and improve circulation. The seeds, which are embedded in the flesh, are also nourishing and beneficial as they contain a healthy ratio of the essential fatty acids omega-3 and omega-6. "These types of fats work together to help reduce inflammation, which is key after heavy weightlifting, and may help to reduce sore muscles and fatigue," Gidus says.

Treat them like an avocado to find the proper level of ripeness—ideally, they'll be firm with a little bit of give. Eating the pitahaya is simple; just cut it down the middle and quarter, if you like, or leave in two halves so you can scoop out the soft, kiwi-like flesh with a spoon. Toss it on your next salad or into a post-workout protein shake to drive nutrients into your cells after a hard training session.

INFO

CALORIES	PROTEIN	FAT	CARBS
60	2g	2g	9g

(Nutrition info per 1 fruit or 100g) Source: MyFitnessPal

YES | NO | MAYBE

SUBWAY

This lunchtime standby has a good range of healthy fare like soups and salads, but when we hit Subway, we want one thing—a foot-long sub. We selected some standard options from the menu, but you can build your own—and keep it healthy—if you stay away from bacon, cheese, and the heavier sauces and oils.

YES

FOOT-LONG OVEN ROASTED CHICKEN

9-grain wheat bread with chicken, cucumbers, green peppers, lettuce, onions, and tomatoes

CALORIES	PROTEIN	FAT	CARBS	SODIUM
640	46g	10g	94g	1,280mg

NO

FOOT-LONG CHICKEN AND BACON RANCH MELT

9-grain wheat bread with chicken, Monterey cheddar cheese, bacon, cucumbers, green peppers, lettuce, onions, and tomatoes

CALORIES	PROTEIN	FAT	CARBS	SODIUM
1,140	70g	56g	94g	2,160mg

MAYBE

FOOT-LONG STEAK AND CHEESE

9-grain wheat bread with steak, American cheese, cucumbers, green peppers, lettuce, onions, and tomatoes

CALORIES	PROTEIN	FAT	CARBS	SODIUM
760	52g	20g	96g	2,120mg

ISTOCKPHOTO; COURTESY SUBWAY

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EDGE 15-MINUTE FEAST

DID YOU KNOW?

Lemon juice can help treat throat infections, constipation, and indigestion.

LOW CARB!

HUEVOS RANCHEROS

SOUTH-OF-THE-BORDER CUISINE GONE **LOW CARB**

BY JESSE BURDICK

Mexican food can be physique-friendly if you subtract the tortillas, rice, beans, sour cream, and cheese. Yes, we know it sounds like we're subtracting all the flavor, too, but try these huevos rancheros and you'll see that's not the case. Don't underestimate the power of fresh ingredients and natural seasonings, which make this low-carb meal delicious and easy to prepare. You can make it in 15 minutes and keep your diet on track.

MAKES 4 SERVINGS

INGREDIENTS

- **¼ lb** ground turkey
- **4** small tomatoes, chopped
- **4** green onions, chopped
- **4** green peppers, chopped
- **4 tbsp** lemon juice
- Salt and pepper to taste
- **12** egg whites

DIRECTIONS

Brown the turkey in a skillet over medium heat. Chop the vegetables while it cooks. Then place chopped vegetables into a bowl and mix with the lemon juice, salt, and pepper. When the turkey is cooked, layer egg whites over it. Cook until eggs are white and serve with salsa, if desired.

INFO PER SERVING

CALORIES	PROTEIN	CARBS	FAT
258	35g	7g	10g

Jesse Burdick is an elite powerlifter and nutritionist in Pleasanton, CA. *powerwod.com*

GORMAN STUDIO; FOOD STYLING BY JESSICA GORMAN

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WET YOUR APPETITE

BY FRANK G. BOTTONE JR., PH.D.

Dear *M&F*,

I never remember to drink enough water during the day. How can I use my diet **to stay sufficiently hydrated**?

—Phil K., Lakeland, FL

Clearly you are someone who already knows the importance of hydration. As you probably know, water makes up almost 65% of your body. Interestingly, the amount of water in your tissues varies drastically, with water accounting for about 10% of your fat cells, 75% of your muscles, and more than 80% of your blood and kidneys. For your organs to function properly, they must remain adequately hydrated.

If you have trouble remembering or making time to drink more fluids, you can choose foods that are rich in water. Soups and stews are good hot-food options, but fruits and vegetables are also packed with water.

In your new diet, try adding turkey-stuffed bell peppers as an entrée. Bell peppers are loaded with water, while the rice will absorb the liquid from the tomatoes and broth, helping to fill you up. Meanwhile, replace the peanut butter protein bar with apple slices and dip those in natural peanut butter. Bars are dry, and this way you get more water with your protein fix. Adding a pre-workout sports drink is another surefire method to increase the water in your diet, and since dehydration can sabotage your workout, you'll be adding it at just the right time. So, while protein is still king when it comes to building muscle mass, keep water content in mind if you want to be healthy and perform at your best.

PHIL'S OLD DIET

BREAKFAST

4 egg whites
2 slices whole-wheat toast
1 tbsp low-fat buttery spread
12 oz low-sugar orange juice

LUNCH

Grilled Chicken Club Sandwich:
½ lb skinless, boneless chicken breast
2 slices Canadian bacon
1 leaf lettuce
1 slice tomato
1 tbsp reduced-fat mayonnaise
1 kaiser roll

AFTERNOON SNACK

Peanut butter protein bar with 20g protein

POST-WORKOUT RECOVERY DRINK

30g hydrolyzed casein and whey protein blend

DINNER

2 skinless, boneless chicken breasts
½ cup potatoes
½ cup onion

Phil's New Diet

Eat like this to **boost your hydration**

BREAKFAST

2 egg whites
1 banana
1 **cup** mixed berries
4 **oz** orange juice
2 **scoops** whey protein isolate

LUNCH

1 chicken breast
½ avocado
1 **cup** lettuce
½ tomato
2 **slices** ww bread

SNACK

2 apples, sliced
2 **tbsp** peanut butter

PRE-WORKOUT DRINK

16 **oz** low-sugar sports drink

POST-WORKOUT SHAKE

30g hydrolyzed casein and whey protein blend

DINNER

3 **oz** turkey sausage
1 **oz** brown rice
1 **oz** mozzarella
1 bell pepper
5 **oz** tomato, diced
1½ **tbsp** low sodium chicken broth
1½ **tbsp** parmesan, grated
2 **cups** unsweetened iced tea

Food Item Water Content

96%
ICEBERG LETTUCE

74%
SWEET CORN ON THE COB

61%
WHITE-MEAT CHICKEN, COOKED

35%
WHOLE-WHEAT BREAD

4%
WALNUTS

GETTY IMAGES; ISTOCKPHOTO (5)

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*Per two scoop serving. Two scoop serving provides 52g of premium protein.
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52g PREMIUM PROTEIN
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FAST FACT
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COD CEVICHE

GET LEAN, MUSCLE-BUILDING PROTEIN AND OMEGA-3s WITH THIS EASY DISH

BY CHEF ROBERT IRVINE

Dried and salted cod—or baccala—may not sound very appealing at first, but I assure you that when prepared properly, it can be incredibly delicious. Cod offers great muscle-building protein, omega-3 fats, and is high in vitamin B12, which aids brain and nervous system function. Don't worry about the extra salt. As *Muscle & Fitness* has reported on numerous occasions, hard-training guys need dietary salt not just to replace what's lost in sweat but also to keep strength levels high. "Ceviche" is simply a manner of preparing raw fish by marinating it—in this case with lime juice—and can feature a wide variety of fish. Ceviche is often enjoyed as a dip for tortilla chips, but if you're watching carbs, it also tastes great as a stand-alone dish.

You Will Need:

UTENSILS

- Kitchen knife
- Cutting board
- Whisk
- Two large bowls
- Large pot

INGREDIENTS

2 lbs dried, salted boneless cod (baccala)
2 cups 2% milk
1 large red onion, thinly sliced
¼ cup fresh parsley, chopped
1 cup cherry tomatoes
¼ cup extra virgin olive oil
¼ cup red wine vinegar
2 limes, juiced
Salt, ground pepper

PREPARATION
(Makes 6 Servings)

1) Soak fish in cold water for one day to rehydrate, changing water several times to remove excess salt.
2) Drain and rinse baccala under cold water, then place in large pot. Add milk and enough water to cover by 1 inch.
3) Cook on stove, uncovered, over medium heat for 45 minutes, stirring occasionally. Drain and set aside.
4) Shred fish into a bowl, removing any bones; add onion, parsley, and tomatoes.
5) In a separate bowl, whisk together olive oil, vinegar, lime juice, salt, and pepper to make dressing. Add to cod mixture, toss, and serve.

"Like" the Chef Robert Irvine Official Page on Facebook or visit chefirvine.com for more cooking and fitness tips, recipes, and more!

INFO

Nutrition Facts:

CALORIES	PROTEIN	CARBS	FAT
120	19g	8g	11g

GORMAN STUDIO; FOOD STYLING BY JESSICA GORMAN

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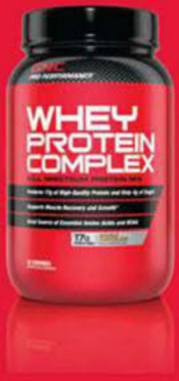

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RESPECT YOURSELF
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LIVE WELL

BY JIM STOPPANI, PH.D.

MHP MYO-X

AN UP-CLOSE LOOK AT MHP'S BRAND-NEW MYOSTATIN BLOCKER

DID YOU KNOW?

Research on MYO -T12 shows that the amount in one serving of MYO-X **reduced myostatin levels in men in as few as 12 hours.** Our conclusion? MYO-X may be the first myostatin-lowering product that truly delivers.

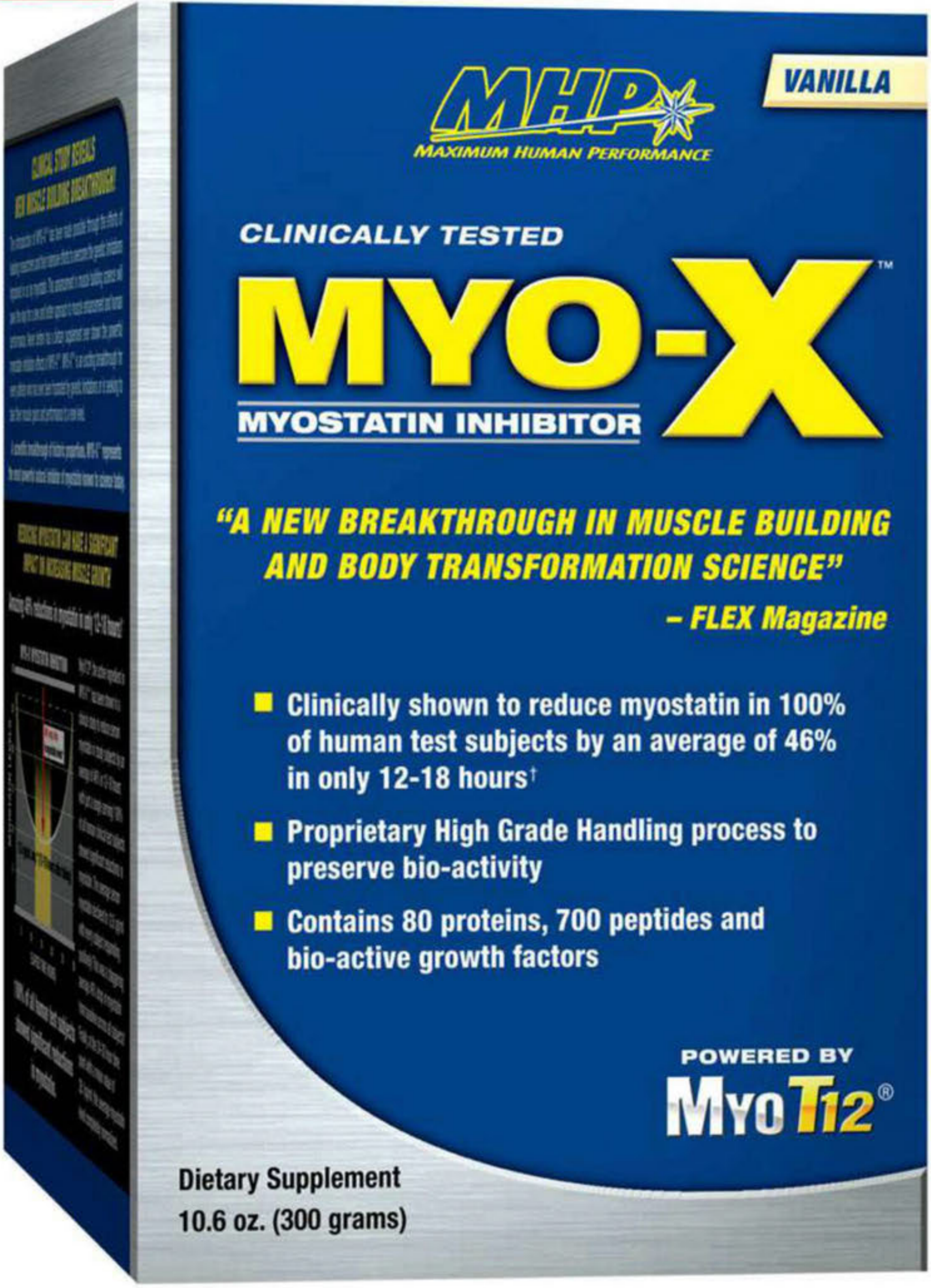
MYO-T12

The main ingredient in MYO-X is a follistatin-rich extract of egg yolk known as MYO-T12. **Follistatin is a protein that has been shown to inhibit myostatin, the protein that inhibits muscle from growing "too big."** You've probably seen photos of mice, cattle, and even a human baby with a natural myostatin defect that caused them to develop enormous mass. While the precise action of MYO-T12 is not known, it is thought to inhibit myostatin at the gene level.

While little is known about how myostatin inhibits muscle growth, recent research from Finland suggests that blocking myostatin leads to an increase in muscle protein synthesis. For decades, scientists have hunted for natural ingredients that were a source of follistatin. **Carlon Colker, M.D., discovered myostatin inhibitors in egg yolk from fertilized chicken eggs. More specifically, it appears to be located in the membrane of the yolk.** Dr. Colker developed a process to optimize the myostatin-inhibiting activity in yolk membranes, and the resulting product is MYO-T12.

MORE INFO ▸

For more information go to *mhpstrong.com*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COURTESY OF MHP

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5
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NITRO TECH
WHEY ISOLATE+ LEAN MUSCLEBUILDER
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6
ON
PLATINUM HYDRO WHEY
ADVANCED HYDROLYZED WHEY PROTEIN ISOLATES
38
3
MONSTER MILK
4
AMP
AMPLIFIED WHEYBOLIC EXTREME 60

POTENT POWDERS

DROP YOUR DOLLARS ON THE BEST PRODUCTS AVAILABLE

BY JIM STOPPANI, PH.D.

Protein powders are the biggest-selling supplement on the market today. After all, it takes a great deal of protein to build muscle, and powder makes for a convenient way to get in the extra protein you need, especially when you need it most—around workouts. A recent study confirmed that the use of protein powders, particularly those containing whey, along with a weight-training program, enhances muscle growth and strength gains. Here are three ingredients to look for in protein powder.

WHEY PROTEIN

Protein intake of about 1.5 grams per pound of your body weight daily—particularly when a large amount of it comes from whey—leads to significant gains in muscle and strength. The three best forms of whey available are: whey concentrate, whey isolate (which is purer protein), and whey hydrolysate, which is the purest form of protein avaliable on the market today.

LEUCINE

Although whey protein is a rich source of the branched-chain amino acid leucine, it's still a good idea to get a little bit extra if you can. Research confirms that leucine acts as a critical switch that turns on muscle protein synthesis, which leads to building muscle. Consuming extra leucine helps to ensure that more of the amino acids from whey will be utilized to build more muscle.

PROTEASES

Proteases are enzymes that specifically break down protein into its individual amino acids. This helps your body digest whey protein quicker so you can absorb it better. Research confirms that the patented enzyme complex Aminogen increases protein absorption. In addition to Aminogen, look for protein powders that use the enzymes papain and bromelain.

BEST BETS

This table lists several protein powders that include the ingredients covered above.

Supplement	Whey	Added Leucine	Proteases	Other Active Ingredients	Website
1 AllMax AllWhey	Yes	No	Yes	Yes	allmaxnutrition.com
2 Cellucor Cor Performance Whey	Yes	No	Yes	Yes	bodybuilding.com
3 Cytosport Monster Milk	Yes	Yes	Yes	Yes	muscleandfitness.com/store
4 GNC Amplified Wheybolic Extreme 60	Yes	Yes	Yes	Yes	gnc.com
5 MuscleTech Nitro-Tech	Yes	Yes	Yes	Yes	muscleandfitness.com/store
6 Optimum Platinum Hydrowhey	Yes	Yes	Yes	Yes	muscleandfitness.com/store

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"Every day of my life is a new opportunity to help inspire, motivate and educate others on living healthier lives! I couldn't be happier being an ISSA Certified Fitness Trainer. It has given me numerous opportunities to grow as a business and as a human being.

My previous career was a repetitive, boring desk job that wasn't very exciting. I now have the opportunity to work when I want and do something I'm passionate about. I enjoy running my own personal training business, managing my own time and working with people that are truly passionate about fitness. My business has grown immensely since receiving my certification and I feel confident that I can provide my clients with the proper exercise programs and education.

The best part about my job is helping people. There is nothing better than getting results and watching clients transform, not only their bodies, but their attitudes and lifestyles! As a trainer, I get to work with all types of people and I am grateful to learn and hear about my client's lives! It pushes me to work harder and provide the best possible service so that they can get results.

I couldn't be any happier with the career choice that I made. I also couldn't be happier that I chose ISSA for my training certification! They provide me with a ton of valuable resources in regards to running a business and growing my clientele. Thank you so much!"

Dave Dreas,
ISSA Certified Personal Trainer

Kevin Sutton Photography

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worldmags

BY JIM STOPPANI, PH.D.

PUMPED TO PERFECTION

BPI SPORTS EXPANDS ITS LINE OF MUSCLE-BUILDING PRODUCTS

Every month, the *M&F* Supplement Sample Box Program offers readers the chance to try a variety of new supplements without the expense of buying a full package of each product. In February, members of Team *Muscle & Fitness* received samples from BPI Sports. Based in Southern Florida, BPI burst on the scene with its very popular preworkout product 1.M.R, which you're likely already familiar with. For more information on the program or to read reviews of the BPI products included in February's sample box, go to *muscleandfitness.com/team*.

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Four-time Mr. Olympia Jay Cutler plans to make another run at the title this fall. His supplement regimen is more precise than ever.

JOIN! ▶ **Members of Team *M&F* receive supplement samples every month. They also get free shipping on all orders at the *Muscle & Fitness* Store. Learn more at *muscleandfitness.com/team.***

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Blox is a source of silk amino acids, which have been shown to increase testosterone levels and encourage muscle growth. Research shows that the amino acid sequence of silk protein, when combined with Pump-HD, provides exercise benefits such as enhanced muscle endurance.

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PUMP-HD
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NET WEIGHT 5.29 OZ (150 GRAMS)

A-HD

To build lean muscle **you need to maximize your testosterone levels.** If you've reached the 30-year mark in your life, then it's likely that your testosterone levels have already begun to fall. A-HD includes ingredients that help your body produce more of its own testosterone naturally, and that helps to lower estrogen levels.

BUILD-HD

This creatine product provides the most studied and used form of the stuff on the market—creatine monohydrate. In addition, it **provides alpha-GPC and phosphatidylcholine, which boost growth hormone levels** and aid recovery of the nervous system. There's also acetyl-L-carnitine to help maximize testosterone production.

ROXYLEAN

This fat burner combines a lot of research-backed ingredients, **such as caffeine, thiamin, and salicin, with a few cutting-edge ingredients such as *Adhatoda vasica* and *Scutellaria baicalensis.*** Research shows that these substances can boost fat loss as well as suppress appetite, enhance energy, and improve brain function.

BLOX

This product contains **silk amino acids—actually derived from the protein in silk.** The protein is hydrolyzed to produce poly-peptides (short protein chains) of amino acids that deliver a multitude of benefits, such as increased muscle endurance, enhanced growth, higher testosterone levels, and lower cortisol levels.

PUMP-HD

Another pre-workout booster, Pump-HD delivers creatine, beta-alanine, leucine, taurine, caffeine, carnitine, and ornithine alpha ketoglutarate to **increase muscle strength and endurance during the workout.** It also includes beet extract, which is a rich source of nitrates that act as nitric oxide precursors.

PAVEL YTHJALL; KEVIN HORTON; COURTESY OF BPI

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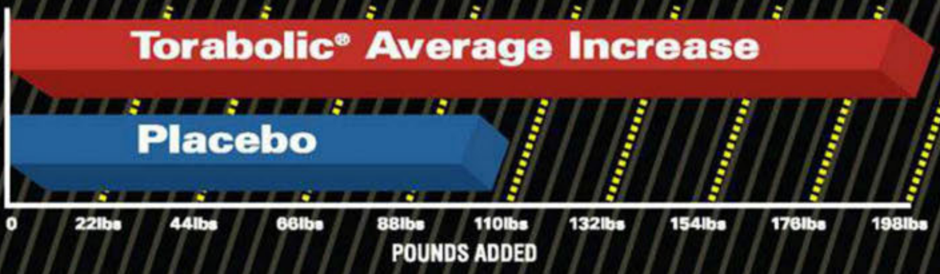

8 week trial in which resistance trained men participated in weight-lifting program four days per week. The Torabolic® group added approximately 187 lbs. to their starting leg press, while the placebo group added approximately 105 lbs.

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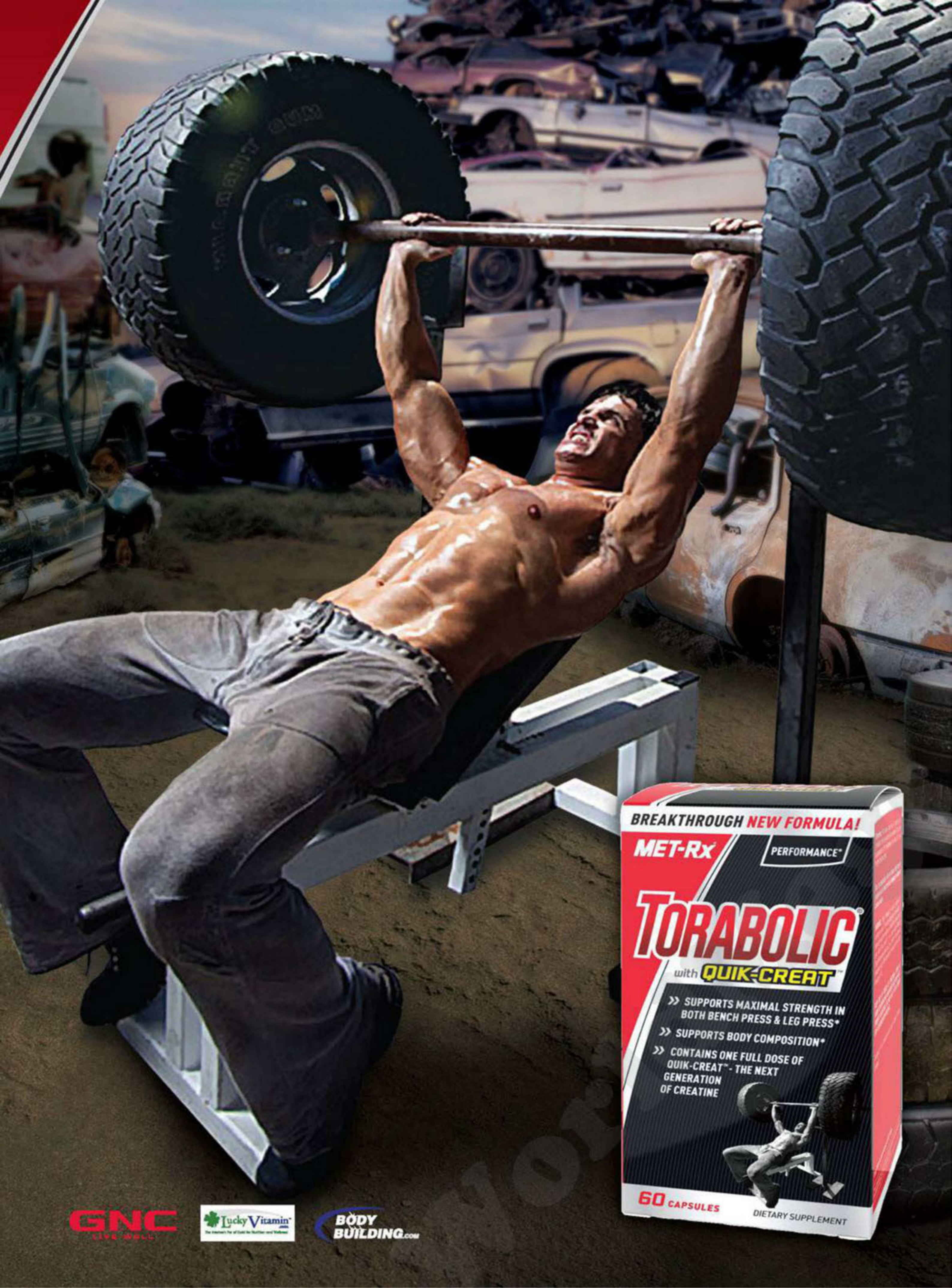
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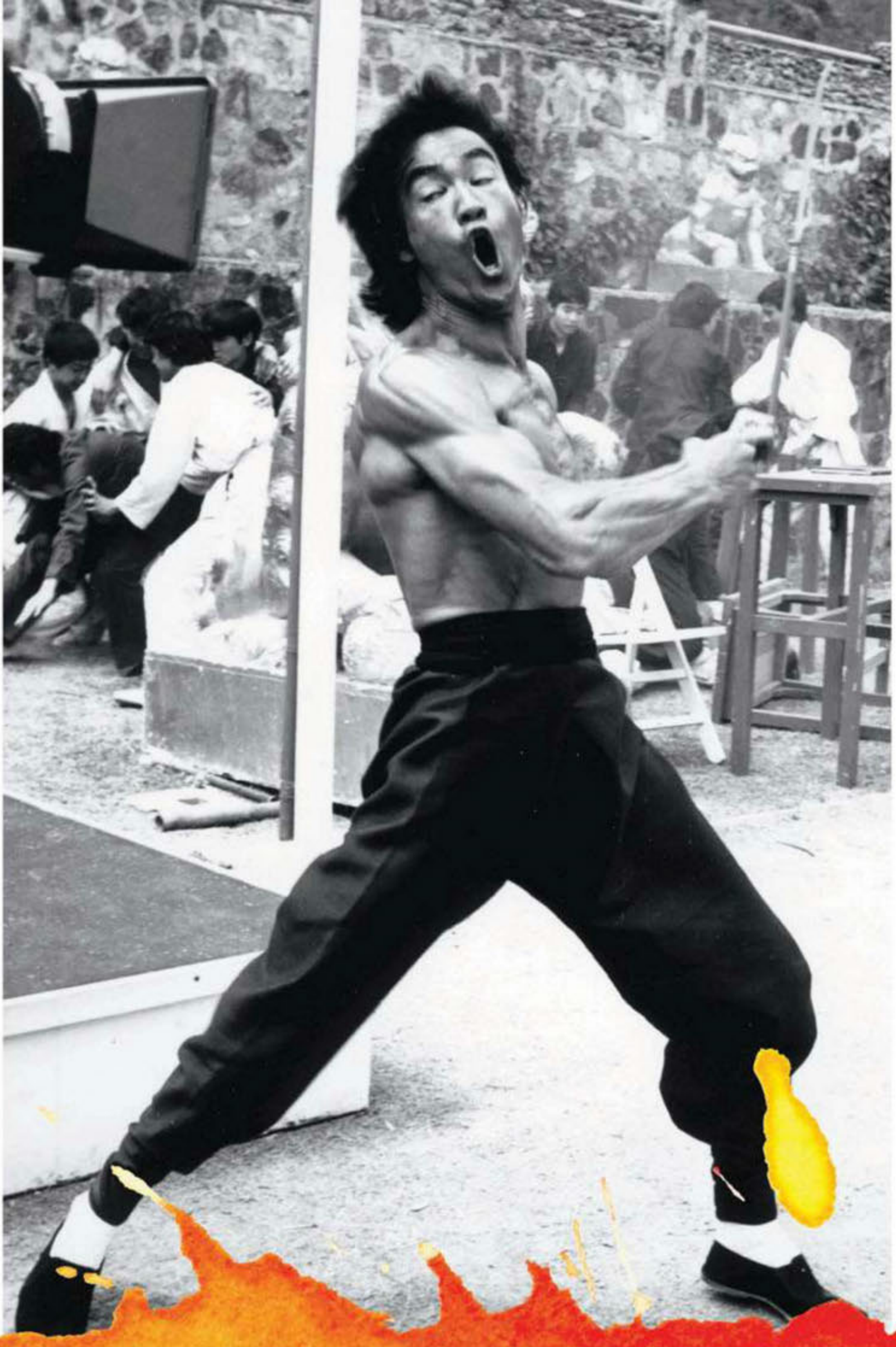
BRUCE LEE

M&F **examines the impact of the martial arts legend on the 40th anniversary of his breakout year, and his untimely passing**

BY STEVE KERRIDGE

MICHAEL OCHS ARCHIVES/GETTY IMAGES



"You just wait. I'm going to be the biggest Chinese star in the world."

Movie star, martial arts innovator, philosopher, cultural icon—Bruce Lee was all of these and more. A singularly complex man, Lee holds our attention in his viselike grip just as strongly today as he did back in 1973, the year most Americans were formally introduced to him as the star of *Enter the Dragon* and also the year he tragically died at the age of 32.

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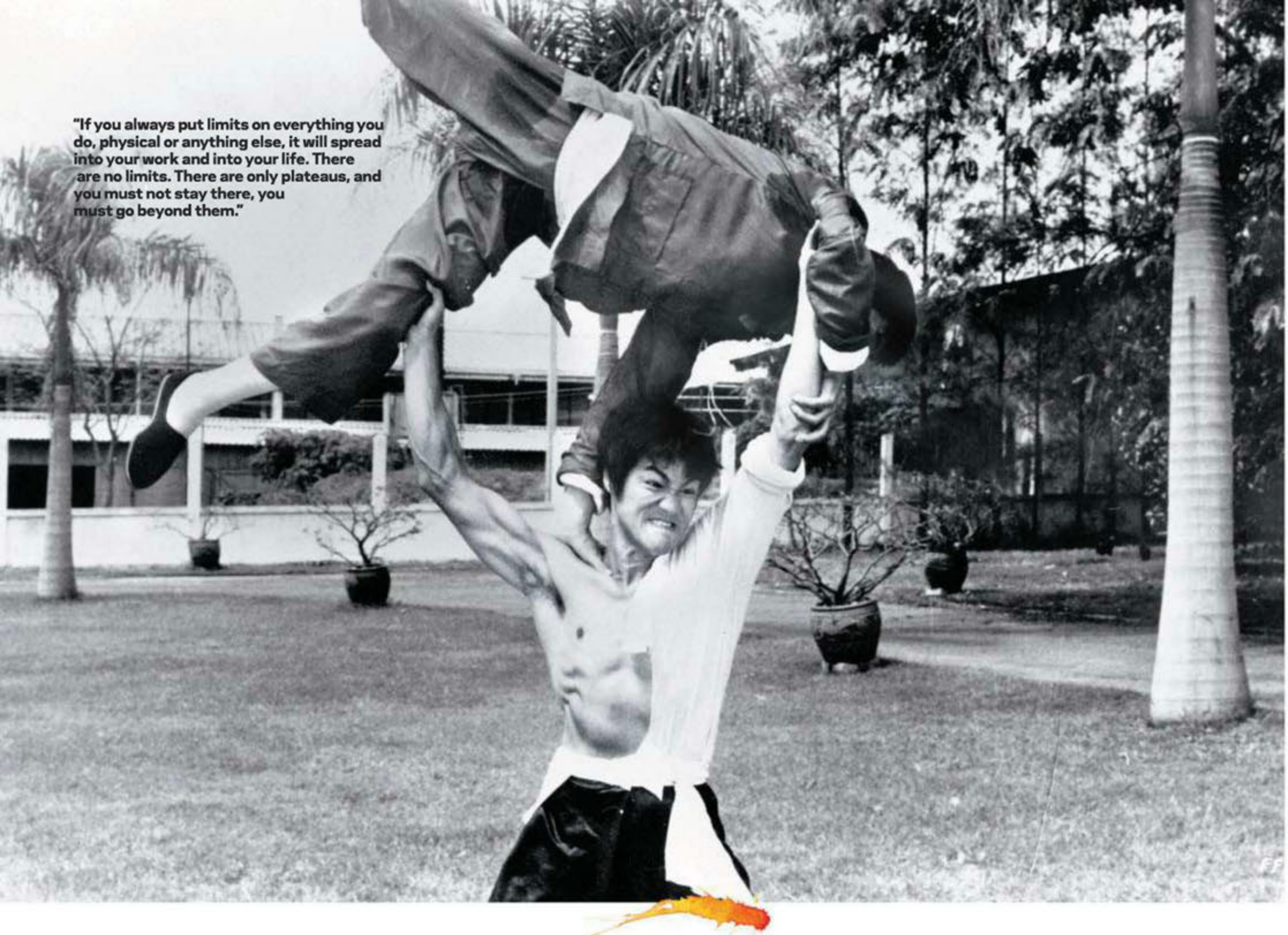

"If you always put limits on everything you do, physical or anything else, it will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them."

In an era where MMA has supplanted boxing as the most popular combat sport, it's hard to remember a time when the martial arts were strictly segregated. Yet Bruce Lee's desire to break with tradition has influenced a generation and opened the door for the kind of fighting we see on our TV and movie screens today, as well as in the martial arts schools in our neighborhoods.

His eclectic approach to his art set him apart from others. He understood that creativity could be attained only through freedom of the mind and only when applied without restrictions. To say Bruce Lee simply "created" a new form or "style" of fighting with his vaunted *Jeet Kune Do* is to barely scratch the surface of his unique combination of creativeness and concept.

> BACK THEN A MARTIAL ARTIST STUCK TO A RIGID SET OF EXERCISES—ONES THAT HAD BEEN PASSED DOWN THROUGH THE YEARS.

To fully appreciate Lee's impact, we must consider it in the context of his time. In the early 1960s martial arts were beginning to flourish in the Western world and they were totally institutionalized within the boundaries of schools that began to appear. Bruce Lee, having studied various gung fu systems upon arriving in the States in 1959, soon realized there was more to pugilism than the "Chinese" style of fighting. His counterparts in Hong Kong, like himself, had seen only similar systems of martial arts, as well as the training methods used to strengthen and condition their bodies, which had been passed down through generations. Lee, on the other hand, had been thrust into a world in which Western boxing and wrestling reigned supreme. It proved to be an awakening for the 18-year-old.

In those days, a martial artist stuck to a rigid set of exercises—ones that had been passed down over the years. Lee, however, soon began to realize that the traditional martial arts he'd grown up learning were not the only ones available to him. It was then that he decided that any protocol he found that could enhance his body and overall skill set should be integrated into his training.

Having broken away from the confines of tradition, Lee not only adopted Western styles of training, he also took nutritional and training cues from the bodybuilding community, even becoming a subscriber to *Muscle & Fitness*' forebear, *Muscle Builder*, and purchasing a Weider barbell kit. By examining the various nutritional supplements used by bodybuilders and studying their routines, Lee was able to adapt and shape his body to complement his own personal martial art.

His voracious appetite to learn new ways to condition and build his body while improving his fighting skills soon verged on obsession. The more he learned, the more he sought knowledge. Over time he would amass an enormous library of books covering everything from martial arts to fitness to nutrition, and even philosophy. He studied isometric and later plyometric training, in an effort to stimulate fast-twitch muscle fiber growth. He had close friend George Lee (no relation) redesign and build resistance equipment to help him isolate particular movements and develop specific techniques. Keep in mind that this was at a time when martial artists were discouraged from deviating even the slightest bit from age-old traditions. Lee's open embrace of creative freedom resulted in numerous challenges from his peers to do battle, all of which Lee accepted—and won.

Of course, for Lee, the physical was only half of the equation. He also made it a point to strengthen his mind. Lee reasoned that the most dangerous adversary one could face was a "mad man" intent on biting off your nose. Such a person, he believed, could only be

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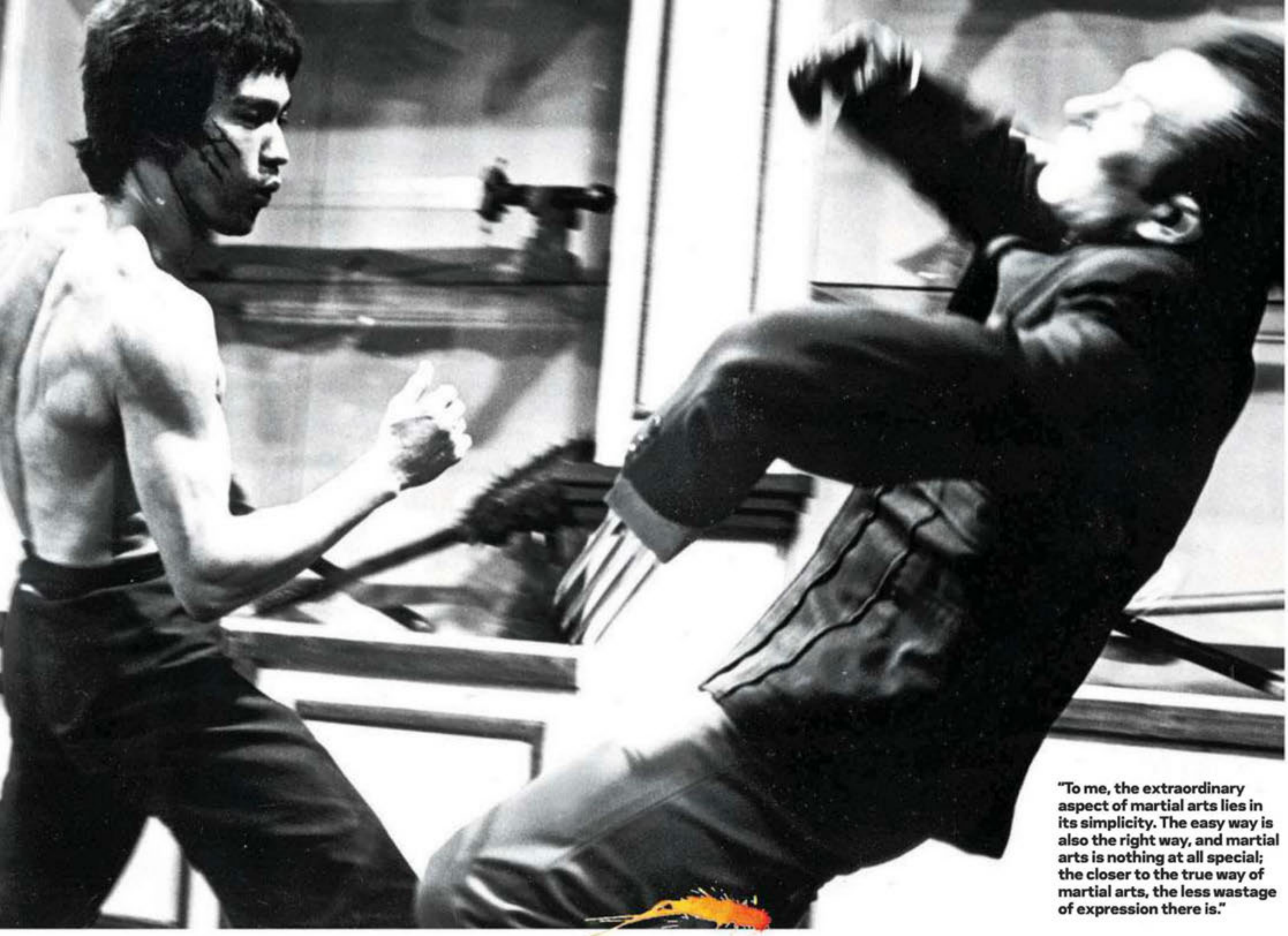

"To me, the extraordinary aspect of martial arts lies in its simplicity. The easy way is also the right way, and martial arts is nothing at all special; the closer to the true way of martial arts, the less wastage of expression there is."

beaten with swift, economic movements directed at vulnerable targets, and that such movements could only result from a well-conditioned body and mind. He spoke about a relaxed mentality in combat, describing it as a sleeplike state—one in which eye, brain, and muscle coordination work in harmony at breakneck speed to intercept an attack. He would name his new martial art form Jeet Kune Do, which translates to "the way of the intercepting fist." Yet even after first formulating Jeet Kune Do, Lee continued to evolve as a martial artist, with progress coming almost monthly. The Bruce Lee of 1970 was an entirely different person from the one of 1960.

> HE BELIEVED IN HACKING AWAY THE UNESSENTIALS TO FIND THE ESSENTIAL, AND WOULD APPLY THE PRACTICE TO EVERYTHING.

Although Lee was certainly acclaimed as a martial artist and film star during his later years, in hindsight it's easy to see just how impressive his feats were. While he didn't create martial arts or film, he did help develop the platform for an entire genre of action movies and the modern day mixed martial artist. No longer are competitors bound to a single discipline, or even a single way of expressing that discipline. Thanks to Lee's profound influence, there are schools of teaching that specifically mix various martial art forms together, pulling the most effective elements of each, to create superior martial artists.

Lee himself trained a wide cross-section of people from movie stars to martial arts champions, tailoring the training to each person, yet grounding all of his teaching in a consistent philosophy. Two of his more notable students were Steve McQueen and James Coburn. He called McQueen a "tough son of a gun," while he saw Coburn as "a peace-loving man." With his unique ability to get inside the mind of the person he was teaching, Lee was able to give each man the tools that worked best for him. Likewise, he could take a top martial artist and develop his strengths while discarding unwanted baggage his student never knew he was carrying.

Lee once wrote, "Simplicity is the last step of art and the beginning of nature." He believed in hacking away at the unessentials to find the essential, and would apply the practice to everything, be it a kick, a punch, or even lifting a weight, telling his students to make the natural unnatural and the unnatural natural. Weight training itself was subject to this philosophy, with Lee paring down conventional routines to reveal a spare but brutally effective routine that would not just turn his muscles to "warm marble" (as Ann Clouse, wife of *Enter the Dragon* director Robert Clouse called them) but impart him with an optimal blend of strength, power, agility, and speed.

Today, 40 years after his breakout film, *Enter the Dragon,* put him on everyone's radar, 40 years after it cemented his icon status, and 40 years after his untimely death at just 32, Bruce Lee's presence can be felt as strongly as ever. In fact, it can be argued that it's felt more strongly today than ever, with MMA techniques displayed on the big screen by big stars like Matt Damon, Jason Statham, and Daniel Craig, and the unprecedented rise to prominence of the UFC.

Yet for all the flying kicks and lightning-fast punches, the words of wisdom, and razor-sharp abs, it's Lee himself who has left the most lasting impact on the world. By harnessing his own inner strength, freeing his mind, and then sharing his enlightenment with the world, Bruce Lee has transcended being just man. He's the stuff of legend. And as is the case with all legends, his power to motivate, inspire, and instruct will only grow with each year.

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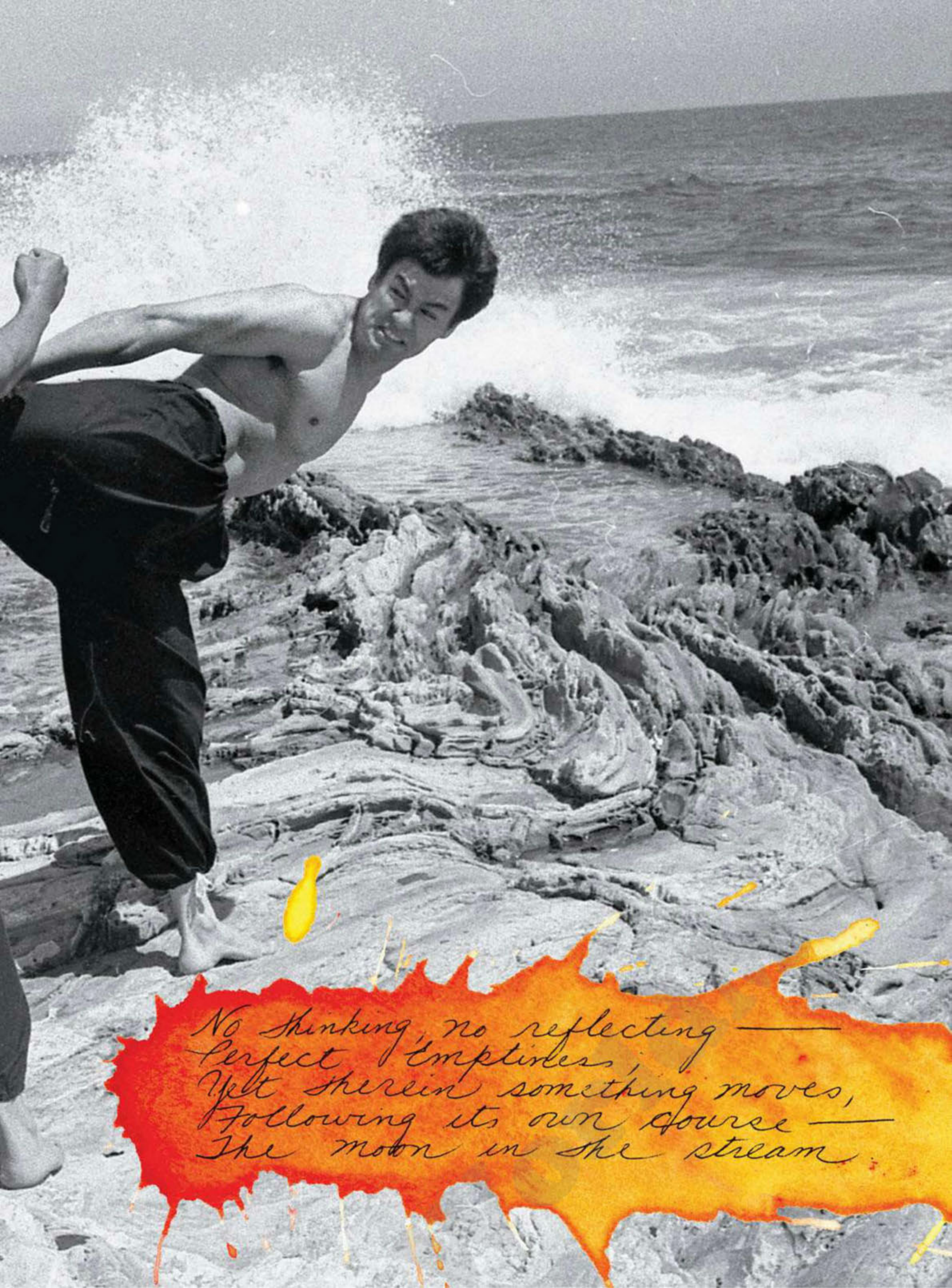
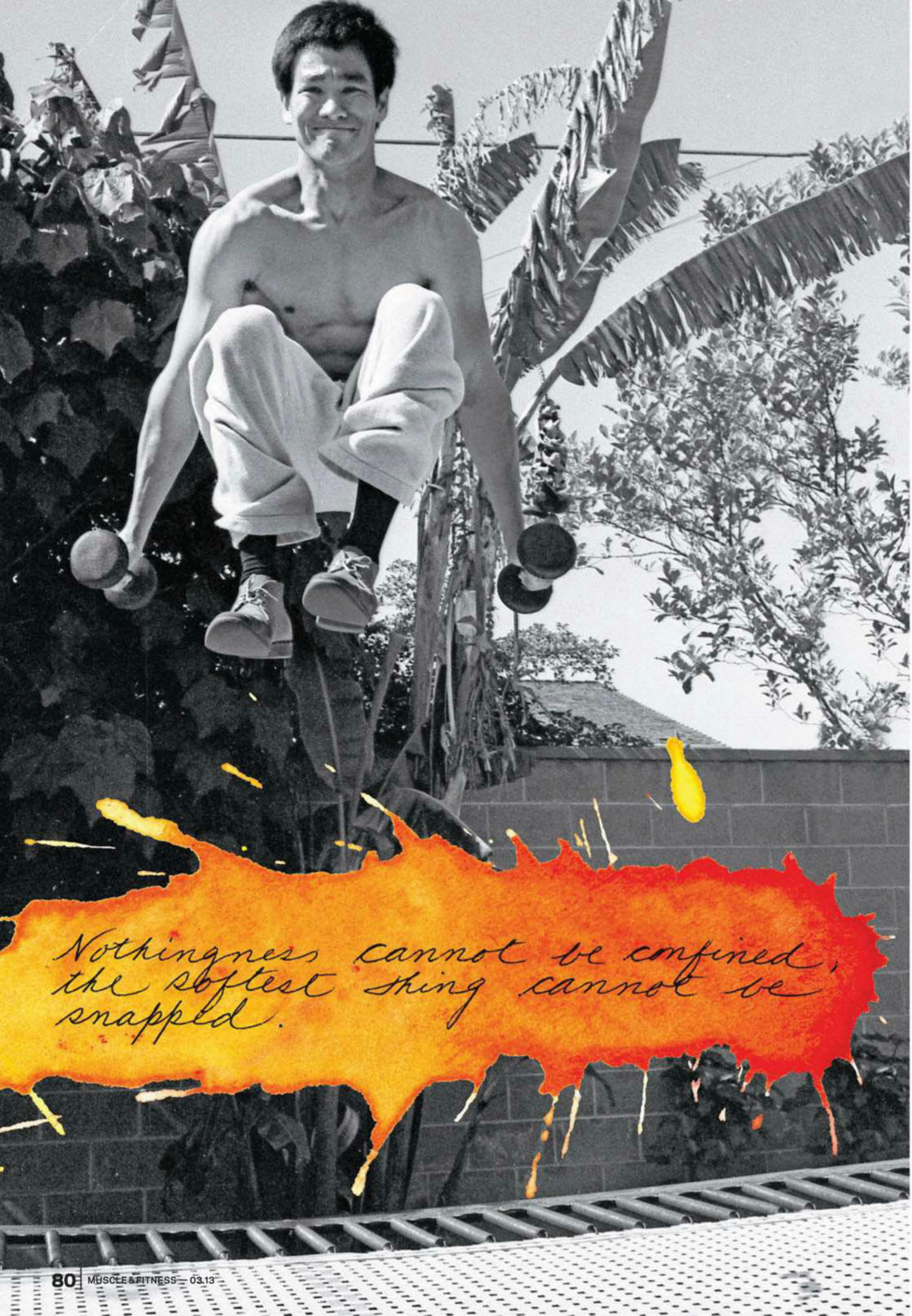


No thinking, no reflecting —
Perfect Emptiness,
Yet therein something moves,
Following its own course —
The moon in the stream.



Nothingness cannot be confined; the softest thing cannot be snapped.

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Protein Sources	All high-quality milk-derived proteins	Milk-derived proteins and egg protein	Low biological value brown rice protein along with egg and milk-derived proteins
Carbs	7g	up to 15g	9g
Fats	2g	up to 6g	2g

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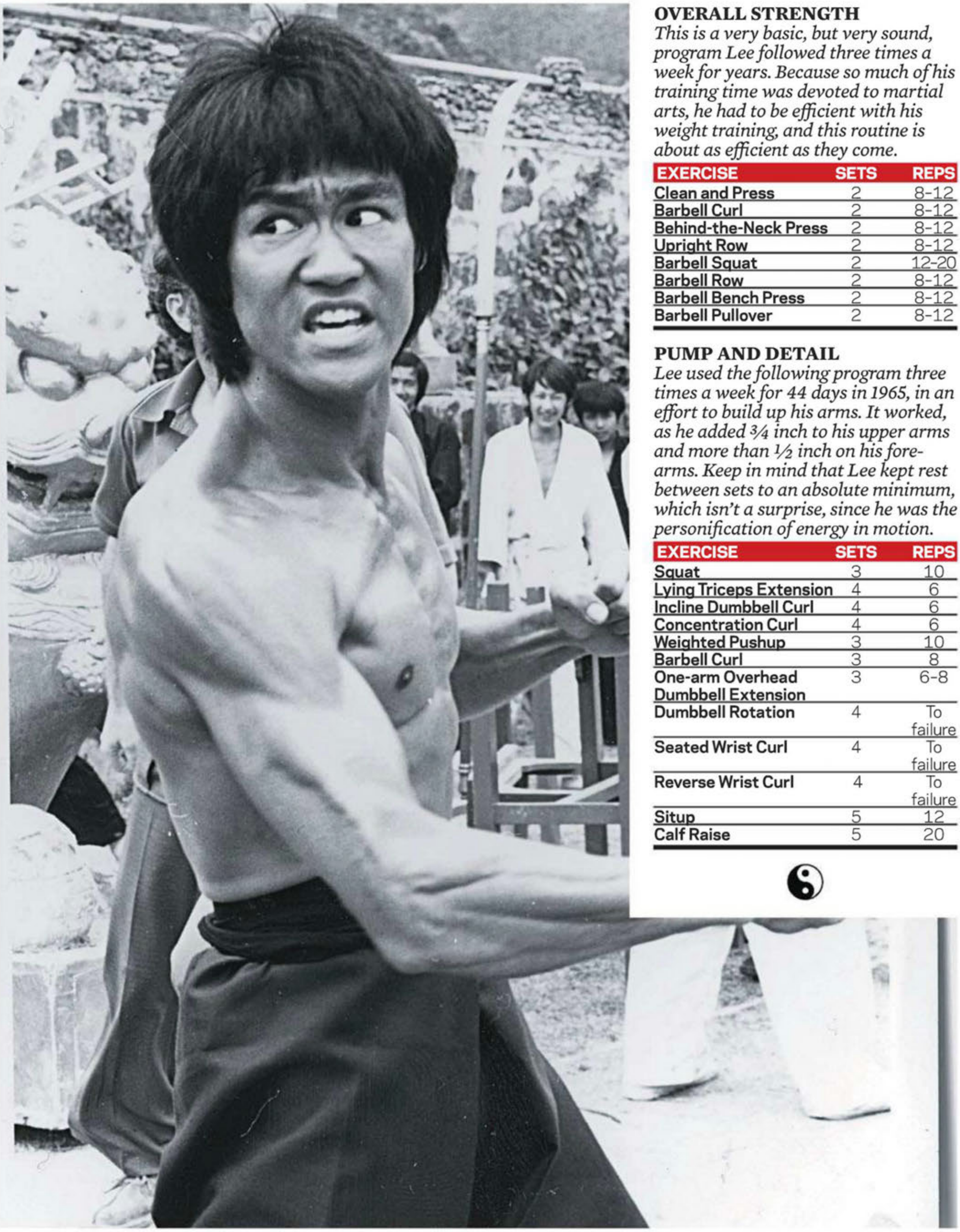
BRUCE LEE'S TRAINING ROUTINES



OVERALL STRENGTH

This is a very basic, but very sound, program Lee followed three times a week for years. Because so much of his training time was devoted to martial arts, he had to be efficient with his weight training, and this routine is about as efficient as they come.

EXERCISE	SETS	REPS
Clean and Press	2	8–12
Barbell Curl	2	8–12
Behind-the-Neck Press	2	8–12
Upright Row	2	8–12
Barbell Squat	2	12–20
Barbell Row	2	8–12
Barbell Bench Press	2	8–12
Barbell Pullover	2	8–12

PUMP AND DETAIL

Lee used the following program three times a week for 44 days in 1965, in an effort to build up his arms. It worked, as he added ¾ inch to his upper arms and more than ½ inch on his forearms. Keep in mind that Lee kept rest between sets to an absolute minimum, which isn't a surprise, since he was the personification of energy in motion.

EXERCISE	SETS	REPS
Squat	3	10
Lying Triceps Extension	4	6
Incline Dumbbell Curl	4	6
Concentration Curl	4	6
Weighted Pushup	3	10
Barbell Curl	3	8
One-arm Overhead Dumbbell Extension	3	6–8
Dumbbell Rotation	4	To failure
Seated Wrist Curl	4	To failure
Reverse Wrist Curl	4	To failure
Situp	5	12
Calf Raise	5	20

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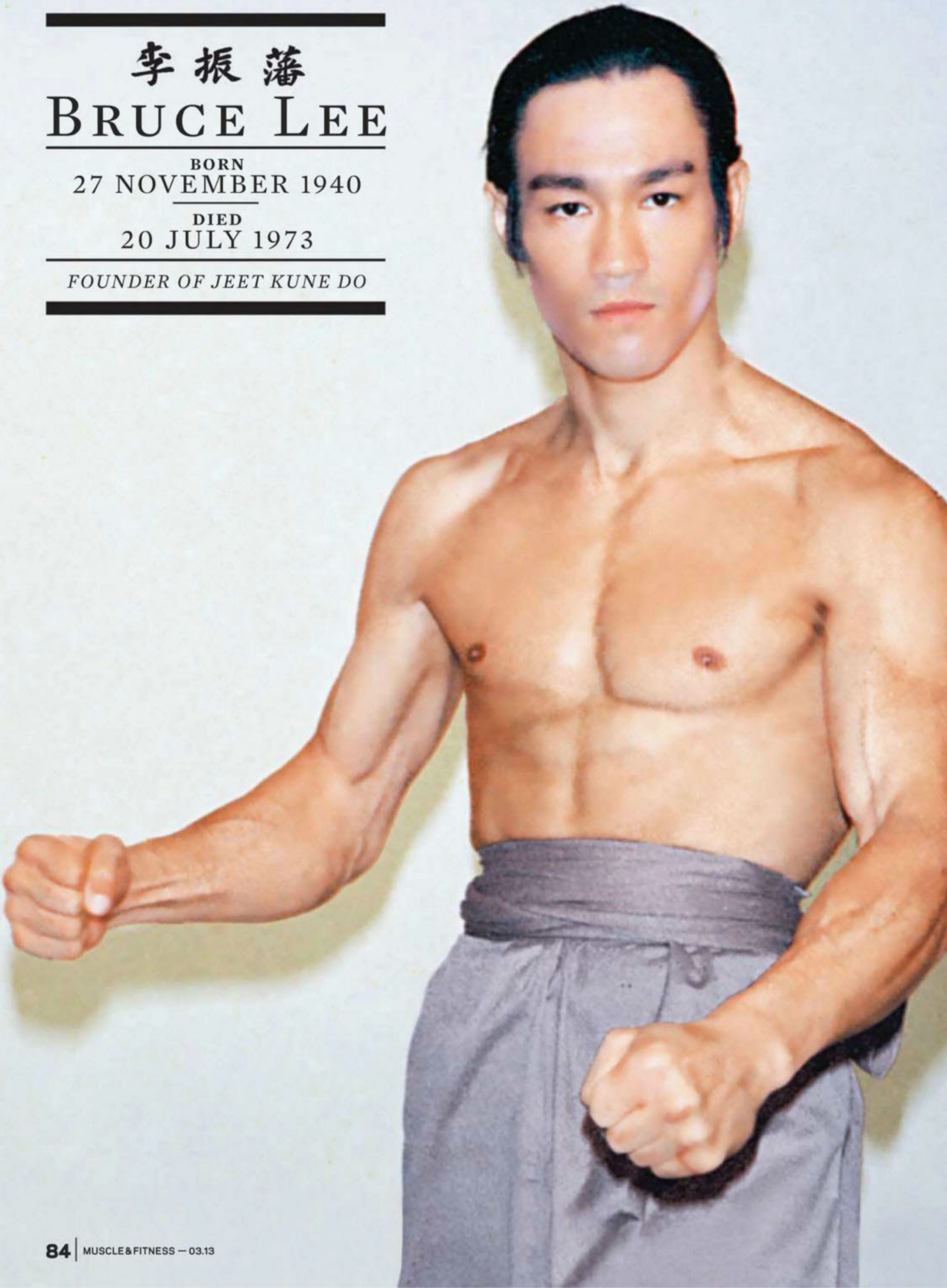
李振藩
BRUCE LEE

BORN
27 NOVEMBER 1940

DIED
20 JULY 1973

FOUNDER OF JEET KUNE DO



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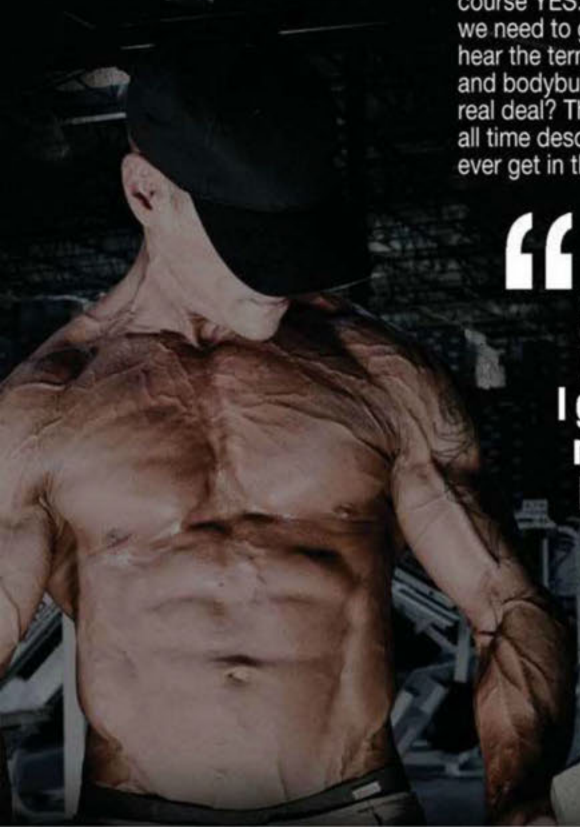
> “I want a pre-workout that does more than make my heart race. I go to the gym to make my muscles bigger… Pump-HD™ helps me reach that goal!”
>
> *- Alex U.*[1]



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[1] Alex U. is a member of Team BPI who received complimentary products in exchange for his testimonial.

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> **"PUMP -HD™ IS THE PERFECT OLD SCHOOL 'NO SECRETS ON THE PANEL' MUSCLE BUILDER WITH THE ABSOLUTE BEST OF CUTTING EDGE MODERN SCIENCE AND INNOVATION.*† "**

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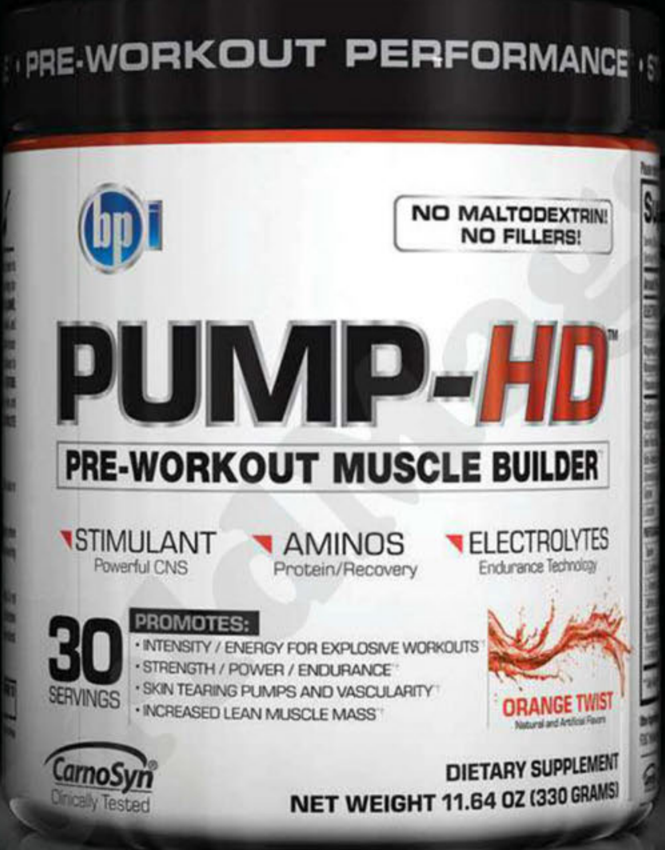
- **Beta-Alanine** (as CarnoSyn®) (3-Aminopropionic Acid)– Pump-HD™ doesn't just incorporate beta-alanine; it uses the one that is studied and patented ... CarnoSyn® brand beta-alanine. CarnoSyn® has been shown in research to be the most efficiently taken-up and utilized compound for increasing muscle carnosine levels, which is the most critical buffering compound in muscles. Studies further show that CarnoSyn® delays muscle fatigue and increases workout (and resulting muscle building) performance by altering the neuromuscular fatigue threshold. In plain English, this means that CarnoSyn® increases workout performance and capacity– PERIOD.†

- **L-Leucine** (2-Amino-4-Methylpentanoic Acid)– Pump-HD™ effectively incorporates this essential amino acid, which plays a role in muscle protein synthesis. Specifically, scientific data shows that L-Leucine can markedly reduce the breakdown of muscle tissue by increasing muscle protein synthesis. In fact, of the three branched-chain amino acids, modern science is showing that L-Leucine is the most important one for pure muscle building.†

- **L-Aspartic Acid** (2-Aminobutanedioic Acid)– Pump-HD™ utilizes this proteinogenic building block of protein in the form that it occurs naturally in proteins; the L-isomer form. Research suggests that L-Aspartic Acid plays a pivotal role in generation of ATP (adenosine triphosphate), which is needed for intracellular energy transfer. Specifically, ATP is responsible for metabolism via transport of chemical energy within cells. Scientific evidence also indicates that L-Aspartic Acid helps facilitate down-regulation of ammonia levels, which can both help to simultaneously decrease fatigue and increase performance.†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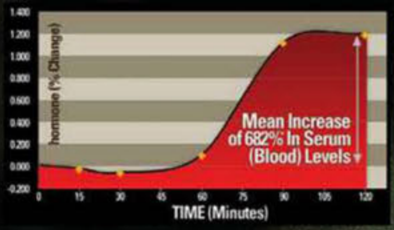
The HGH edge: Professional athletes and bodybuilders depend on it to hone their competitive edge. Celebrities see it as a secret weapon to look and feel years younger. For those who can afford it, HGH (Human Growth Hormone) therapy isn't just an option, but an essential element for fitness, linked to amazing physiological enhancements: increased lean muscle mass, reduced body fat, greater endurance and faster recovery, as well as improvements in mood, sleep, skin tone and sex drive, among other positive effects.

Why HGH? Though hailed as a modern medical "miracle," Human Growth Hormone is actually a naturally occurring part of our body's chemistry. Manufactured by the pituitary gland, it plays a critical role in many important metabolic functions that encourage muscle formation, increased energy and general well-being. Unfortunately, the body's production of HGH peaks in adolescence, then takes a rapid nosedive after that.

The replacement problem: Until now, the only effective way to increase adult HGH levels has been to supplement – or replace – it through direct injections of synthetic HGH. The results are impressive, but come with a very high price. Legally prescribed HGH injections can cost $10,000-$15,000 or more a year. Because they spike HGH levels artificially, these shots can also cause unwanted side effects, including shutting down the body's natural hormone production. For years, researchers have tried to develop an oral compound that could influence HGH levels. But for all the oral HGH products that flooded the market, none of them could prove their claims. And none of them worked.



The Growth Factor-9 revolution: Growth Factor-9 changes everything. The result of three decades of research, **GF-9** is a novel, patent-pending dietary supplement that promotes pituitary health to encourage your body to produce optimal levels of its own, natural growth hormone. Finally... increased blood serum growth hormone levels orally, simply, and safely.

Clinically proven: In a double-blind, placebo-controlled clinical trial of men and women ages 18-70, **GF-9** was shown to actually increase bioactive, serum (blood) growth hormone levels – a mean increase of 682%. Results indicated that **GF-9** is effective on both males and females, across an appropriately wide age range. The study's findings have been reviewed by The Obesity Society and were accepted for public presentation at the Obesity Society's prestigious 30th Annual Scientific Meeting.

Unleash your total performance and anti-aging potential with **Growth Factor-9**, the first – and only – oral compound with proven power to elevate the natural production of HGH by a mean of 682% in both male and female, young and old. Get **Growth Factor-9** today – and join the *HGH revolution.*

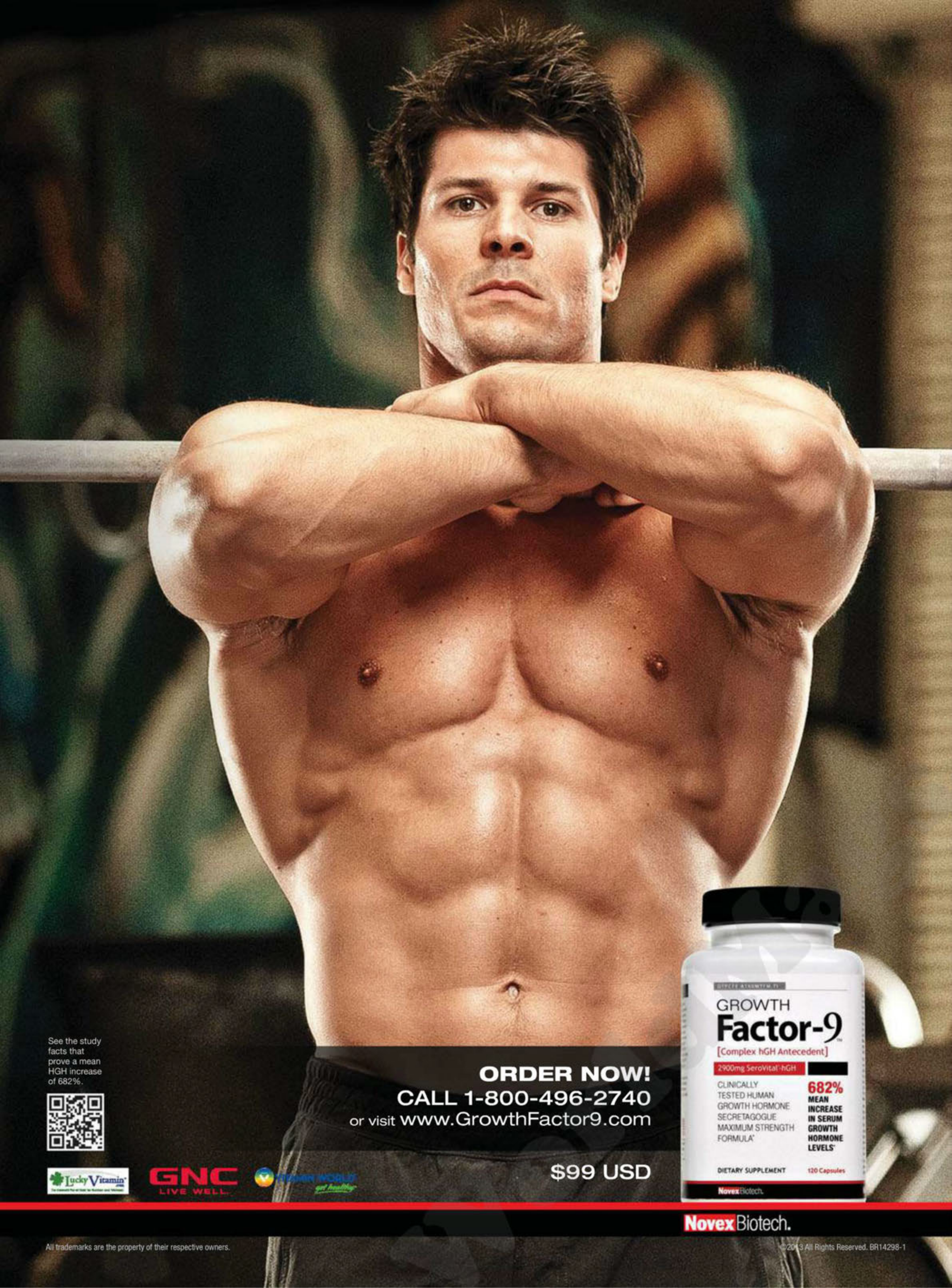
Summary of study procedures and findings:

Methods:

This cross-over, placebo-controlled, double-blind study involved healthy subjects [males and females; mean age=32±14 years; body mass index=26.4±5.0 ranging from 19.1 to 36.8kg/m^2] (Study ID Number: PBRC10043). Each subject reported to the Inpatient Unit on two occasions one week apart. After an overnight fast, subjects had an IV line placed and baseline blood samples were drawn at -30, -15, and 0 minutes. Subjects were then asked to swallow the capsules of Growth Factor-9 supplement or an identical-looking placebo. Blood was drawn at 15, 30, 60, 90 and 120 minutes for assay.

Results:

After 120 minutes, mean GH levels had increased 682% from baseline (0.17 to 1.33ng/ml) and were significantly higher than placebo (P=0.01). In addition, a significantly higher mean AUC was observed after taking the supplement [20.4 (95% CI: 19.9-21.0ng/ml) vs. 19.7 (95% CI: 18.7-20.6ng/ml); P=0.04].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682% MEAN INCREASE IN SERUM GROWTH HORMONE LEVELS*
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TIME TO EAT

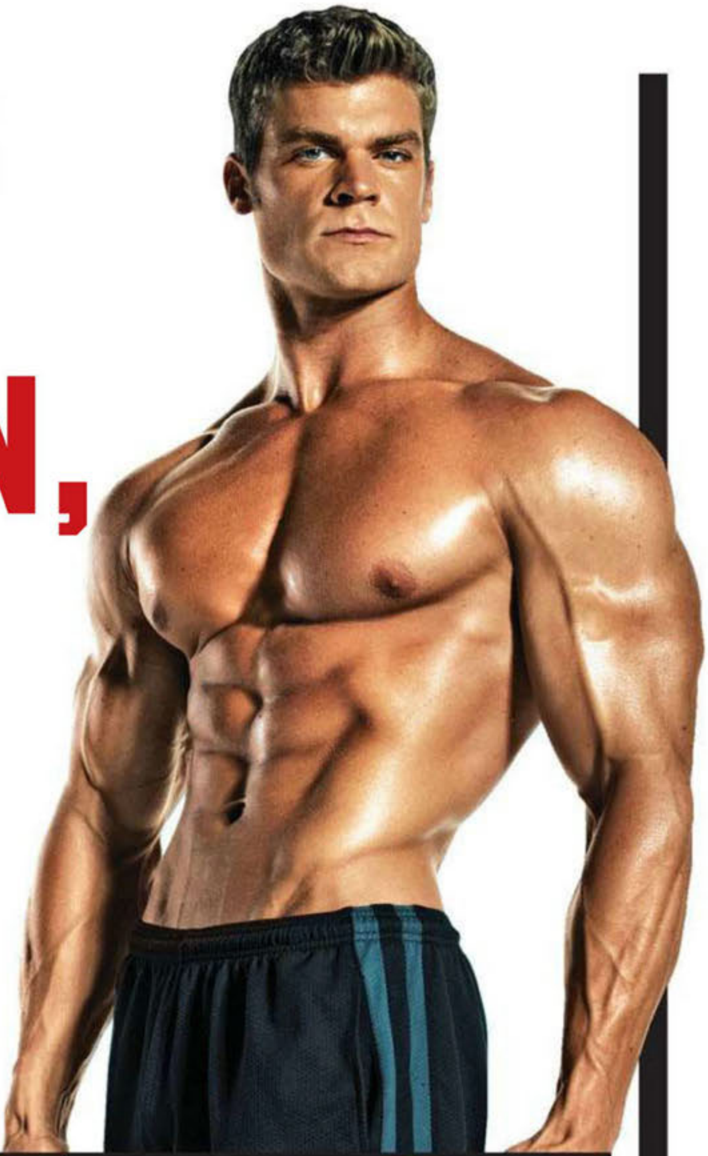
CONSUMING FOOD AND SUPPLEMENTS AROUND YOUR WORKOUTS HELPS YOU TURN THE TIDE IN THE WAR FOR MORE MUSCLE

BY JOHN MEADOWS, C.S.C.S., C.I.S.S.N.

JAN STROMME/GETTY IMAGES

WorldMags

THERE IS A WAR GOING ON,



and it will never end. It's a battle inside your body that determines how much muscle you build. On one side, you have muscle protein synthesis (MPS)—the process by which the body lays down new proteins to increase muscle mass. On the other side, there's muscle protein breakdown (MPB), which occurs when the body sheds muscle protein. Both reactions are in conflict regularly, and the difference between the two (subtract muscle protein breakdown from muscle protein synthesis) is the amount of muscle you walk away with after all your hard training and disciplined eating. Maximizing MPS and minimizing MPB requires careful timing with the right foods and supplements. As a trainer and nutritionist to active clients of all kinds, including several IFBB pros and amateur bodybuilders, I've discovered that you can win the war for muscle protein synthesis using "peri-workout" nutrition—consuming the proper nutrients immediately before, during, and after training.

PRE-WORKOUT

Before training, you need to prime the body to build muscle (enhance MPS) while also giving it sufficient fuel to promote a workout intense enough to deliver a muscle-building stimulus. As most performance nutritionists will tell you, a combination of protein and carbs is ideal for this. However, the ratio of each, the type of foods you choose, and the rate at which their nutrients are absorbed are all crucial. The meal should be eaten an hour before to allow you time to digest—any food left churning in your stomach can cause blood to be diverted from the muscles you're training, harming your workout. (You may need to experiment with the timing—if you still feel like the meal hasn't settled after an hour, wait longer before training and eat earlier before your next session.) Allowing time to digest is one thing, but it's still wise to avoid foods that are high in fat or fiber, or otherwise cause the digestive system to work too hard.

Protein in the form of a whey isolate shake, white fish, or a chicken breast is optimal. For carbs, the goal at this time is to spike energy, not insulin, so carb powders and white rice are not appropriate. Too many carbs of the high-glycemic variety can kill the fat-burning potential of your workout, and even leave you feeling downright sleepy when you get to the gym. Rather, slower-burning foods such as a bowl of oats or cream of rice are better choices. They'll raise insulin slightly, protecting your muscles from excessive breakdown while preparing your body for an anabolic response post-training. As an extra insurance policy, I like to add a small amount of fat to my pre-workout meals as well. A tablespoon of almond butter mixed into oatmeal slows down the digestion of the carbs a touch, going a step further in controlling blood-sugar levels. Aim for 40 grams of protein and 30 grams of carbs in your pre-workout meal, with another 10 grams of fat thrown in for good measure.

INTRA-WORKOUT

Since insulin is the body's most anabolic hormone, you need to release it in greater amounts as your training gets underway. To raise insulin, you need to take in more nutrients, particularly carbs. But because you're training, you obviously can't stop for a meal—nor do you want a shake that's going to bloat you or upset your stomach. The best carb source at this time is highly branched cyclic dextrin.

▶ WHAT ABOUT LEUCINE?

One of the most talked-about supplements is the branched-chain amino acid leucine. Not only is it an important component of protein, as are the other BCAAs, but research indicates that it acts independently as an anabolic signaler—it may actually "turn on" muscle growth by itself. I do not recommend it as a must because leucine is already present in casein hydrolysate, so if you're using that as your protein, you're already getting leucine.

FRANK W. OCKENFELS 3

TRAIN INSANE

White Flood is a cutting edge preworkout formula that will rev you up for lifting and cardio like none other. Not only will you experience out of this world pumps, but tons of extra energy and true muscle building potential. That muscle building potential comes from the addition of compounds usually not seen in preworkout formulas of the past. We have also included potent anti-oxidants to scavenge any free radicals normally elicited by Nitric Oxide inducing ingredients.

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PreWorkout Nitric Oxide and Energy Enhancer
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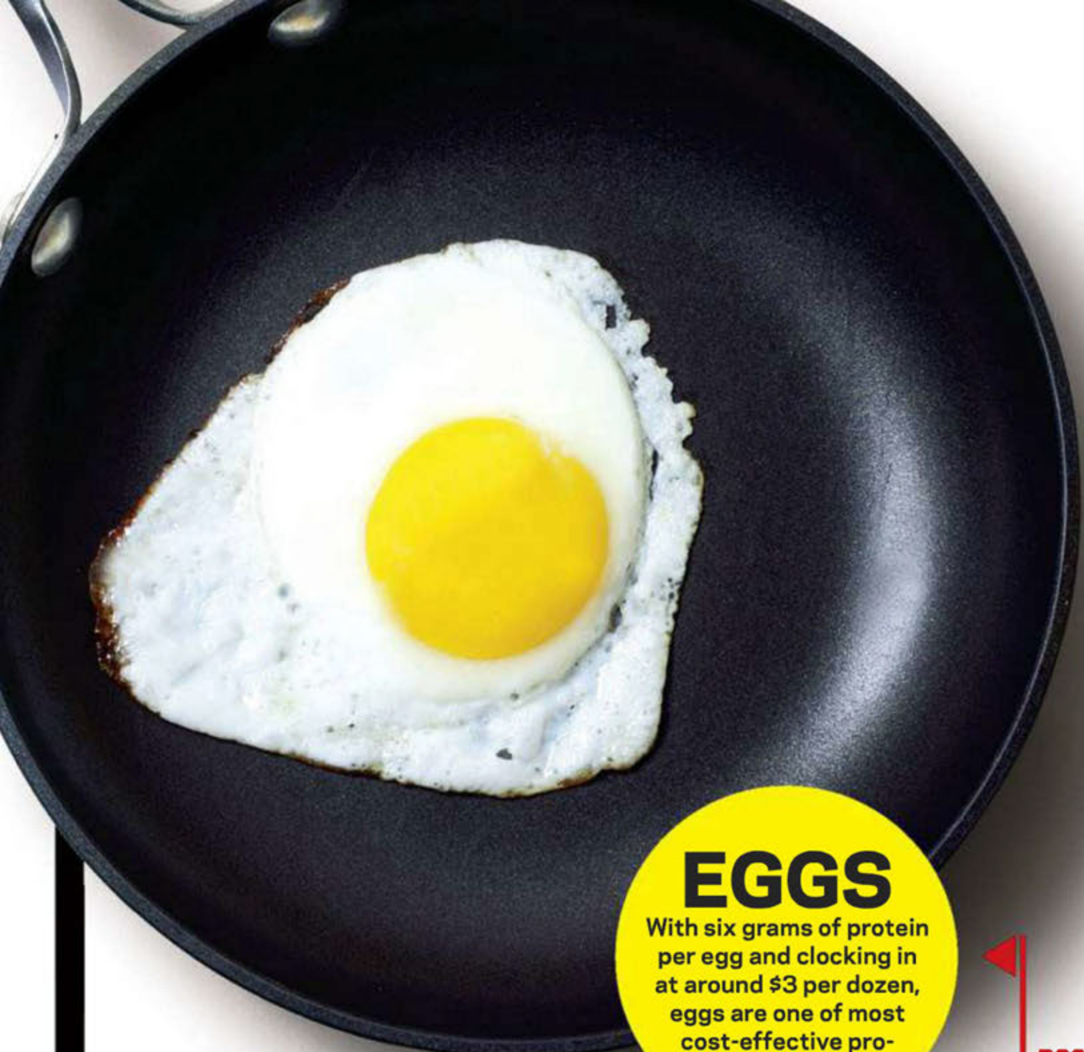

EGGS

With six grams of protein per egg and clocking in at around $3 per dozen, eggs are one of most cost-effective proteins available.

PERIWORKOUT NUTRITION AT A GLANCE

PRE-WORKOUT

40 GRAMS PROTEIN
(chicken, tilapia, whey isolate)

30 GRAMS CARBS
(oats, cream of rice, sweet potato)

10 GRAMS FAT
(butter, nut butter)

INTRA-WORKOUT

10-20 GRAMS PROTEIN
(casein hydrolysate)

40-70 GRAMS CARBS
(HBCD or Vitargo)

POST-WORKOUT

6-8 OZ MEAT

1-2 CUPS
white or jasmine rice

HBCD empties from the stomach very quickly, so it gets into your bloodstream fast. At the same time, it provides a sustained release of insulin.

On the protein front, you need something that spikes amino acid levels fast but is also easy to digest, and casein hydrolysates are effective for this. Hydrolyzed protein has already been broken down—"pre-digested," to an extent—so your body can absorb it quickly and get it to your muscles when they need it most. When shopping for a hydrolysate, it's important to get one that contains what it advertises. Many manufacturers offer powders where some of the protein is hydrolyzed, but not enough to justify it as an effective hydrolysate product. Try a powder that contains "PeptoPro" (you can find it at *truenutrition.com*). This is a very high-quality patented hydrolysate that you can trust. But beware, it's bitter, so it will need to be flavored.

Mix yourself a shake with about 10–20 grams of protein from casein hydrolysate and 40–70 grams carbs from cyclic dextrin or Vitargo, another carb powder with a fast digestion rate. Use 1,000 ml of water to dilute it. I also like to add electrolytes, citrulline malate, and betaine to enhance my pump and digestion, but if you're on a budget, this isn't absolutely necessary. (Plazma, a product by Biotest, contains all of these ingredients.) A great stand-alone cyclic dextrin on the market now is GlycoFuse, made by Gaspari Nutrition.

Begin drinking the shake five to 10 minutes before training, but don't drink more than a quarter of it. The goal is to preload the nutrients into your bloodstream so that when you start training the combination of mechanical tension from lifting and the insulin spike will drive the nutrition straight into the muscle cells. That's right—in effect, every time you pump a rep, you'll be pumping protein and carbs into the area you're training. Continue drinking the mix evenly during your workout.

Start at the low end of the ranges I gave you for each nutrient amount, and work your way up gradually (add more water, too). For the sake of price (good supplements are costly) and getting the best results from the minimal effective dose, you don't need to overload on supplements at the start. If you're taking enough, you'll notice a significant reduction in the amount of soreness you feel after workouts.

For more of Meadows' nutritional expertise, go to **mountaindogdiet.com**

POST-WORKOUT

When your intra-workout nutrition is on point, there's no need to guzzle another shake. MPB has been limited and MPS has been greenlit. At this point, your only obligation is to eat a healthy meal when you get home, within about two hours. One of my favorites is steak and jasmine rice. You could also have fish, chicken, or turkey along with rice for carbs. Start with six ounces of meat (cooked) and one cup of rice. Over time, work up to eight ounces of meat and two cups of rice. The point of this isn't so much to increase caloric intake as it is to maximize timing. When you pack more of your day's nutrition closer to workout time, its uptake for muscle growth is greatly improved.

THE END OF SORENESS

As I mentioned above, the more precise your periworkout nutrition becomes, the less sore you'll be between training sessions. You may even get to the point where you never feel soreness again. I know, it sounds too good to be true, but even the most brutal workouts (my own high-level "Mountain Dog" bodybuilding routines included) won't leave you wrecked for days anymore. Managing the conflict between MPS and MPB means making your body an efficient muscle-building machine that won't break down.

ISTOCKPHOTO

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MORE OR LESS

HOW OFTEN SHOULD YOU BE TRAINING?

HOW MUCH REST DO YOU NEED?

WE'VE FOUND YOUR PERFECT TRAINING SPLIT.

BY JIM STOPPANI, PH.D. • PHOTOS BY PAVEL YTHJALL

15
30
45
60
75
90
105
120
135
50
50

YOU KNOW THE OLD MAXIM:

There's more than one way to skin a cat. That saying rings true when it comes to working out; almost no two bodybuilders have the same training philosophy. When it comes to rep ranges, some guys like training superheavy with low reps, while others prefer light weight and high reps. Some rest only a short period between sets, while others seem to wait an eternity before starting again. And no matter which side a lifter is on in regard to these training protocols, he tends to use the opposite tactic from time to time just for fun or to prevent stagnation.

Another issue that causes much debate is training frequency, or the recovery time between body-part routines. Some bodybuilders work each muscle group just once a week, while others do twice a week or more. But unlike varying reps, rest periods, and other variables, bodybuilders tend to stick to one—and only one—training frequency. For example, an individual who prefers training each body part once a week usually sticks to that pattern regardless of how heavy he's training, the length of his rest periods, or his exercise selection. The key is to find what works best for you, which is easier said than done.

And that's where research comes in. It just so happens a group of scientists conducted a study to help you determine the best training frequency for you and only you.

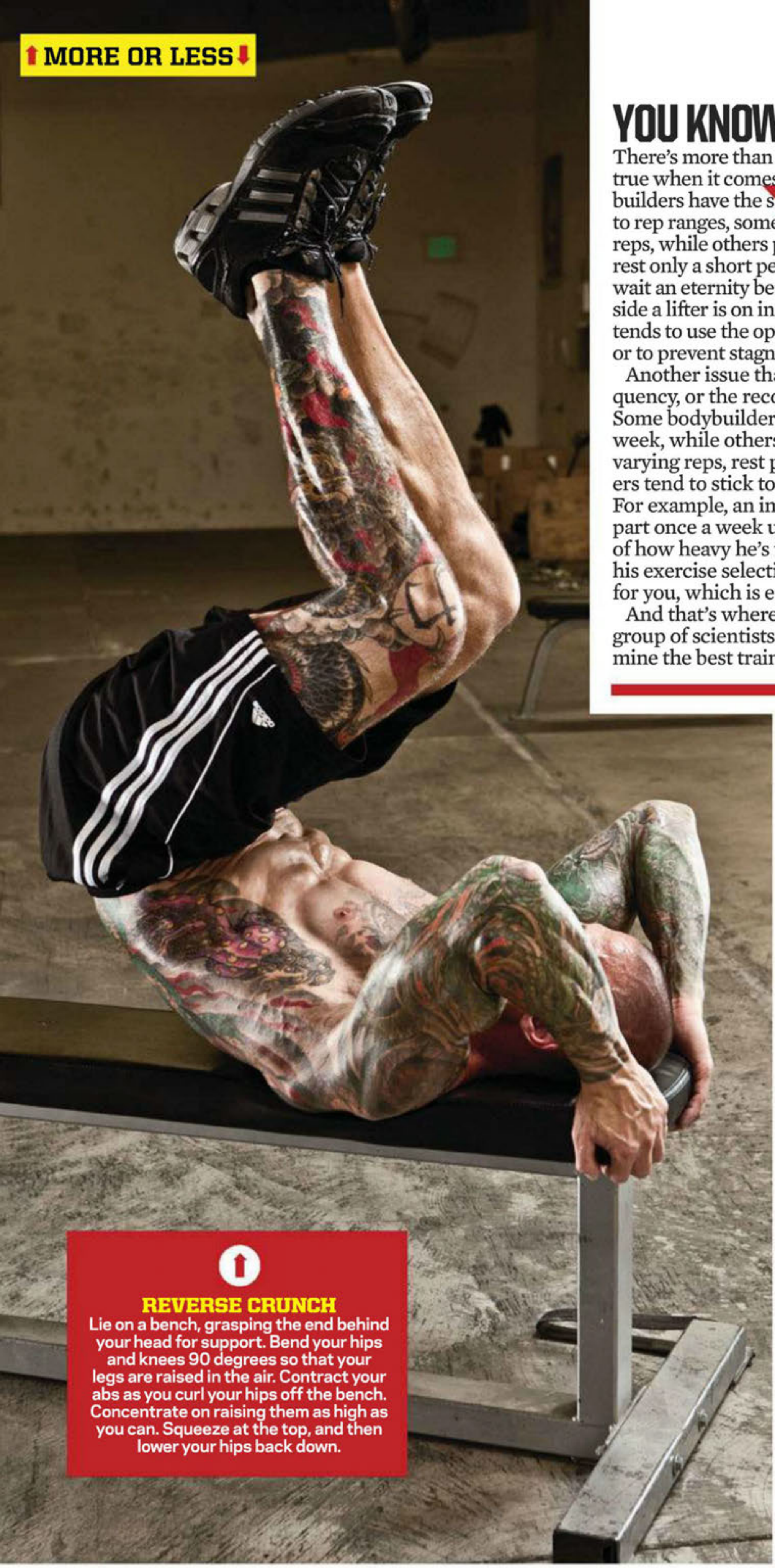
RECOVERY BASICS

The rules of training frequency used to be quite simple. Rule No. 1: Never train a muscle while it's still sore. Makes sense, right? If a muscle is sore, it must still be recovering. But while that may work for the newbie who's still hurting four or five days after his last workout, what about the experienced lifter whose soreness lasts only a day or two after a brutal workout? Does the rule extend to him, too? Not exactly. For the seasoned veteran, muscle soreness is no longer a tool to determine optimal training frequency. It takes a much deeper understanding of muscle recovery to really nail it down.

Here's another rule to consider: Allow a minimum of 48 hours between workouts for the same muscle group. Not a bad barometer, yet it's unrealistic for most guys, as it means you'd be going to the gym practically every day. Does that fit into your schedule? Didn't think so. Also, 48 hours is the minimum recommendation and doesn't ensure that you'll be fully recovered.

On the other end of the spectrum, and a common practice these days, many bodybuilders allow a full seven days of rest for each muscle group. This is fairly prudent because it ensures adequate recovery and works well with a weekly schedule. But it doesn't work for everyone; a full week could actually be too long of a recovery for you, and you could be missing out on some significant gains in strength and size.

So how do you determine where you fall within the two- to seven-day time frame of muscle recovery? How do you know what your optimal training frequency is? Simple—you take a test.



⬆

REVERSE CRUNCH
Lie on a bench, grasping the end behind your head for support. Bend your hips and knees 90 degrees so that your legs are raised in the air. Contract your abs as you curl your hips off the bench. Concentrate on raising them as high as you can. Squeeze at the top, and then lower your hips back down.

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New Formula
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1. Nutrition and Metabolic Insights 2012:5 1–12
2. Nutrition and Metabolic Insights 2012:5 33–39

*See www.USPlabsAwards.com for all awards.

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- No creatine or beta–alanine (no tingles, which many find annoying)

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CABLE LATERAL RAISE

Attach a single-grip handle to the low pulley of a cable station. Stand far enough away from the machine so that you feel tension on the cable and a slight stretch in your shoulder before you begin the rep. Keeping a slight bend in your elbow, raise the handle 90 degrees out to your side until your upper arm is parallel to the floor. Hold at the top for a moment and then lower.

THE REST TEST

First, a little background. A few years back, scientists at Western Kentucky University designed a study to determine the optimal recovery time of the major muscle groups (chest, shoulders, back, triceps, biceps, quads, and hamstrings). They recruited experienced male lifters to perform seven sets to failure with their 10-rep max (10RM) weight on the following exercises: bench press, lateral raise, lat pulldown, cable pressdown, barbell curl, leg press, leg extension, and leg curl. The subjects were tested every day for four days after the initial workout to see how many reps they could complete for one set of each exercise using their original 10RM.

Using the rationale of muscles that are not fully recovered from a workout are weaker than fully recovered muscles, the scientists reasoned that until the subjects could perform at least 10 reps on an exercise, the muscle group was not yet fully recovered. The day on which subjects were able to perform 10 reps on an exercise would signify full muscle recovery, and performing more than 10 reps would mark an increase in strength.

The scientists reported in the *Journal of Strength and Conditioning Research* that one day after the workout (24 hours), the subjects were able to complete only an average of eight reps on each of the leg exercises and only an average of nine reps on each

PERSONAL REST TEST

To determine your optimal training frequency, complete this test devised by scientists at Western Kentucky University. On Day 1, complete seven sets of the first four exercises in the workout below. On Day 2, you'll do the same for the remaining three. These sets represent a typical training day (volume-wise) for every body part. Take each set to failure using your 10-rep max (10RM) weight. Rest three minutes between each set and 5–10 minutes between exercises. Record the number of reps you do on the first set of each move; this serves as your baseline rep number to determine, later in the week, how long it took for that muscle to fully recover.

On Day 3, perform just one set of the first four exercises. On Day 4, do one set for the last three. Do the same on Days 5-8—one set of each exercise, alternating the exercises by the day. Record the number of reps you can do on Days 7 and 8—if you can get 11 reps, you know that's the amount of time it takes for you to recover, get stronger, and grow. Why did we stagger the days? Doing seven hard sets of all seven moves on Day 1 would be brutal, and it would take too long. And since the WKU study showed (predictably) that no subjects recovered after only 24 hours, you'll have 48 hours of rest per body part between the initial seven-set day and the first single-set day. (See "Analyze This" on page 106 for further instruction on how to apply the test).

EXERCISE	SETS/REPS				
	DAY 1	DAY 2	DAY 3	DAYS 4-7	DAY 8
Flat-bench Dumbbell Flye	7/10		1/10		
Leg Extension	7/10		1/10		
Lat Pulldown	7/10		1/10		
Lying or Seated Leg Curl	7/10		1/10		
Dumbbell Lateral Raise		7/10			1/10
Triceps Pressdown		7/10			1/10
Barbell Curl		7/10			1/10

Alternate the first four and last three exercises daily.

THE ONE CAPSULE FAT BURNING MACHINE.†*

JASON R.
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¹Photos are of members of Team BPI who received complimentary products in exchange for their testimonials.

BENCH PRESS

Arch your back and grasp the bar outside shoulder width. Squeeze it tightly. Pull it out of the rack, or have a spotter lift it off for you—don't lose the tight feeling in your upper back by pressing it out and letting your shoulder move forward. Lower the bar to your chest at about nipple level. With feet planted firmly on the floor and glutes contracted, press the bar back up in a smooth, fluid motion.

of the upper-body exercises, indicating that 24 hours was not adequate for muscle recovery. This shouldn't surprise anyone. After 48 hours, they found that the majority of subjects were able to complete 10 reps on each upper-body and lower-body exercise. This indicates that, for some, muscle recovery is mostly complete after just two days of rest, but for many it's not. On the third day (72 hours), the subjects were able to complete an average of 11 reps on the upper-body exercises and an average of 10 reps on the lower-body exercises, suggesting that a strength increase was apparent for the upper-body muscle groups after just three days rest. On the fourth day (96 hours), the subjects were able to complete an average of 11 reps for both upper- and lower-body exercises. The take-home message: four days of recovery is optimal for most guys.

Based on this study, the majority of trainees will benefit from a three days on, one day off split—hence the Three-on-One program on page 110. But when is it ever that simple? Maybe your body would respond better to two or three days of rest, or even five, six, or seven. Care to put your body to it's own individual test?

TEST YOURSELF

To test your own recovery using a method similar to the Western Kentucky University study, try the "Personal Rest Test" on page 102. We suggest you choose exercises that isolate each body part to better determine its specific recovery period, not those of a lift's assisting muscles. (This is why our protocol uses the dumbbell flye instead of the bench press.) We also reorganized the exercise order so that the larger upper-body moves were separated by leg exercises to give each muscle group more rest between testing. Moreover, we extended the test an extra two days (the WKU study ended at Day 5) for those who find they need longer than four days to recover.

Do not perform any other training during this testing protocol. With the results you can expect to see down the road, taking a week or so away from your regular program will be well worth it.

SUPP SUPPORT

Regardless of your training frequency, the right supplements can help you maximize your performance in the gym and your body's ability to recover after. That's a winning combination for greater gains in muscle mass and strength, as well as greater losses when it comes to body fat. Consider using these four while following this program. If you head to the *M&F* Store, you can get them on sale now, which helps your bank account recover faster, too.

ISOPURE ZERO CARB

Whey protein has been shown to be one of the most effective protein sources for promoting muscle growth and strength gains. This is due to the fact that it's the richest source of the branched-chain amino acids (BCAAs), which are the most critical aminos for muscle growth, and it's the fastest digesting protein on the planet. Take whey when you first wake up, and of course, before and after workouts for best results.

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NUTREX DEFY

Why drink plain water to quench your thirst and stay hydrated during the workout? Spike your water with an intra-workout supplement like Defy that keeps a steady stream of BCAAs, glutamine, and creatine flowing to your working muscles. Plus there's also taurine to blunt fatigue and help you stay strong, as well as electrolytes to keep you from cramping.

MUSCLETECH CELL-TECH

In addition to protein, after the workout you need a dose of creatine, carbs, and more BCAAs to optimize recovery and maximize muscle growth. Cell-Tech provides all of these. For creatine, it not only provides the tried and true creatine monohydrate but also creatine HCL for a total dose of 5 grams. It also supplies alpha lipoic acid, which has been shown to enhance creatine uptake by the muscles.

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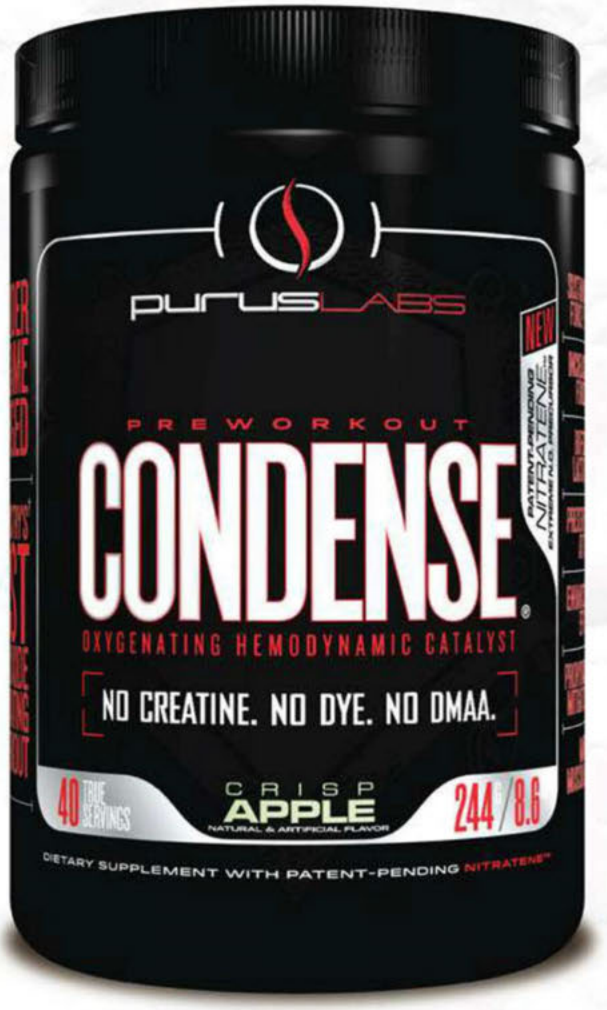
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Servings Per Container: 20

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Chloride	96mg	2%
Sodium	260mg	10%
Potassium	104mg	2%
ATP-Sustaining, Lactate-Buffering, Blood-Oxygenating Mitochondrial Efficiency Complex	**10.36g**	*
Betaine Anhydrous (5g), Beta Alanine (4g), Nitratene™ (high molecular-yield nitrate form) (960mg),Caffeine (400mg)		

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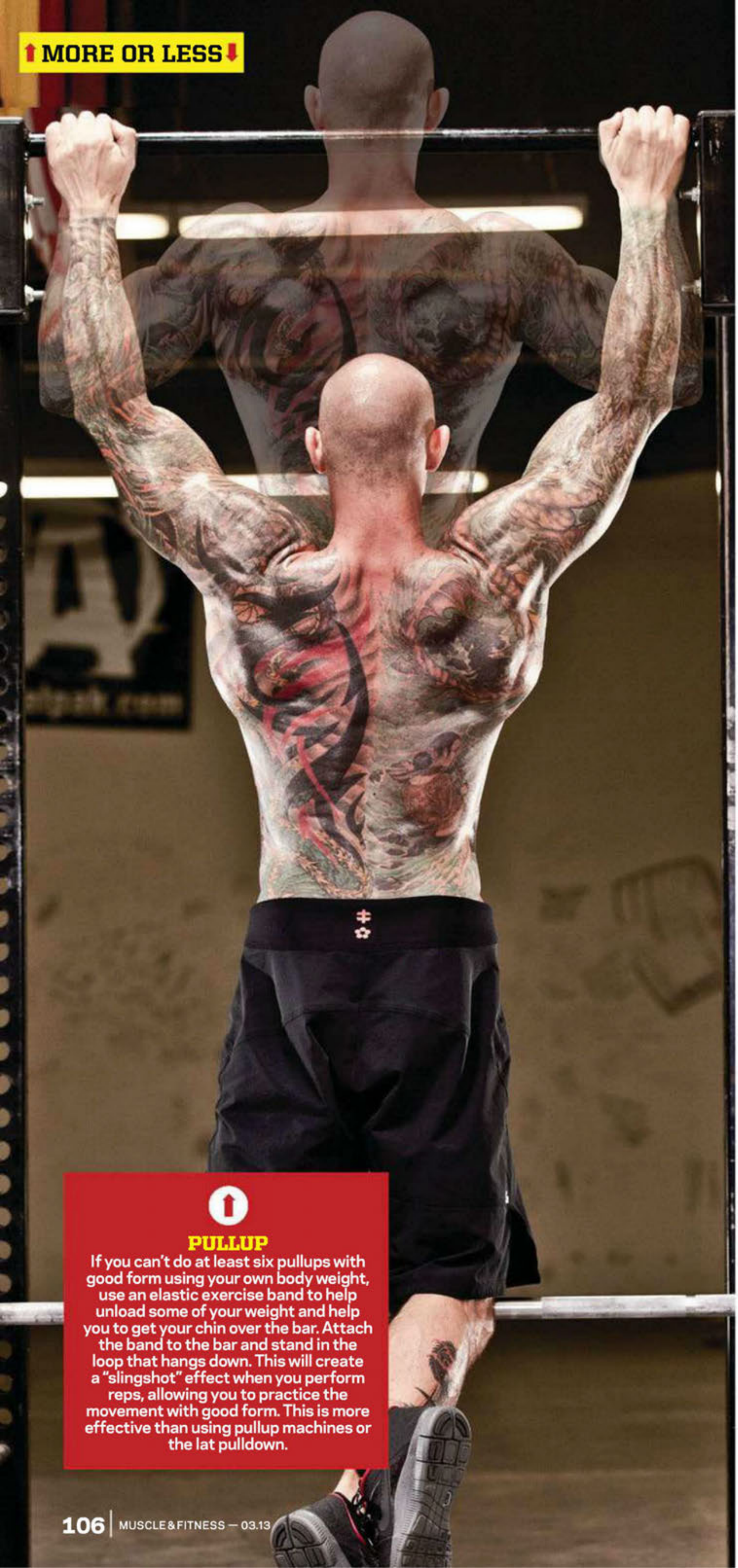

PULLUP

If you can't do at least six pullups with good form using your own body weight, use an elastic exercise band to help unload some of your weight and help you to get your chin over the bar. Attach the band to the bar and stand in the loop that hangs down. This will create a "slingshot" effect when you perform reps, allowing you to practice the movement with good form. This is more effective than using pullup machines or the lat pulldown.

ANALYZE THIS

So you've completed the test and gotten your results. Now it's time to redesign your training split to incorporate the ideal number of rest days between each workout. Here are some suggestions, each based off your individual findings.

TWO DAYS' REST - If you find that all of your major body parts are fully recovered on the second day after the initial testing day (Day 3 for chest, back, quads, and hams; Day 4 for shoulders, biceps, and triceps), we suggest you follow a whole-body training split, where you train every other day. Choose one exercise per muscle group and do 4–6 sets of each. If you think that's not enough to stimulate muscle growth, consider that most bodybuilders who train each muscle group once per week do between 9 and 16 sets per muscle group. If you do six sets for each muscle group on a whole-body split on, say, Monday, Wednesday, Friday, and Sunday, you would have completed 24 sets total that week for each muscle group. Here's a sample training split:

DAY	BODY PARTS TRAINED
MON	Chest, legs, shoulders, back, biceps, triceps, abs
TUES	Off
WED	Chest, legs, shoulders, back, biceps, triceps, abs
THURS	Off
FRI	Chest, legs, shoulders, back, biceps, triceps, abs
SAT	Off
SUN	Chest, legs, shoulders, back, biceps, triceps, abs

THREE DAYS' REST - If you find that you're fully recovered on Days 4 (chest, back, quads, and hamstrings) and 5 (shoulders, biceps, and triceps), we suggest you follow a Two-Days-On-One-Day-Off split, such as:

DAY	BODY PARTS TRAINED
MON	Chest, shoulders, back, abs
TUES	Legs, triceps, biceps
WED	Off
THURS	Chest, shoulders, back, abs
FRI	Legs, biceps, triceps
SAT	Off
SUN	Repeat cycle

FOUR DAYS' REST - Most of you will be able to get the most reps with your 10RM on Day 5/6 (four days of recovery). If that's the case, try the Three-on-One training program on page 110, which allows four days of recovery for each muscle group.

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FIVE DAYS' REST - If you find that you're not fully recovered until Day 6/7, we suggest you follow either a Four-Days-On-One-Day-Off split or a Three-Days-On-Two-Days-Off split, such as one of these:

DAY	BODY PARTS TRAINED
MON	Chest, triceps, abs
TUES	Leg
WED	Shoulders, abs
THURS	Back, biceps
FRI	Off
SAT	Repeat cycle

-Or-

DAY	BODY PARTS TRAINED
MON	Chest, shoulders, triceps
TUES	Legs, abs
WED	Back, biceps
THURS	Off
FRI	Off
SAT	Repeat cycle

SIX DAYS' REST - If you're not fully recovered until Day 7/8, we suggest you follow the common practice of training each body part once per week, such as in the following five-day split:

DAY	BODY PARTS TRAINED
MON	Chest, abs
TUES	Legs
WED	Shoulders
THURS	Off
FRI	Back, abs
SAT	Triceps, biceps
SUN	Off

DIFFERENT RESULTS FOR DIFFERENT BODY PARTS - Of course, some of you are bound to find that different muscle groups recover quicker or slower than others. Most often when this is the case, the lower body recovers about a day slower than the upper body; most people, for example, won't find that the chest recovers differently than, say, the back or shoulders do. That said, here's an example of a two-week training split where the lower body has been found to require four days of recovery, while all upper-body muscles need just three. Note that legs don't always get exactly four days' rest, likewise for upper-body muscles. In a perfect world they would, but over the long haul a training split is an inexact science and will vary slightly based on different factors.

DAY	BODY PARTS TRAINED
MON	Quads, hamstrings, calves
TUES	Rest
WED	Chest, shoulders, triceps, abs
THURS	Back, biceps
FRI	Quads, hamstrings, calves
SAT	Chest, shoulders, triceps, abs
SUN	Back, biceps
MON	Rest
TUES	Chest, shoulders, triceps, abs
WED	Quads, hamstrings, calves
THURS	Back, biceps
FRI	Chest, shoulders, triceps, abs
SAT	Rest
SUN	Back, biceps

BENTOVER ROW

Grasp a barbell at shoulder width and lift it off the floor (or a rack) while keeping your lower back flat. Bend at the hips while pushing your butt back to lower your torso until it's at least 45 degrees to the floor. Allow your arms to hang. Squeeze your shoulder blades together and row the bar to your belly. Hold for a moment at the top, and then lower the bar with control. Keep your lower back in its natural arch without bouncing up any of the reps.

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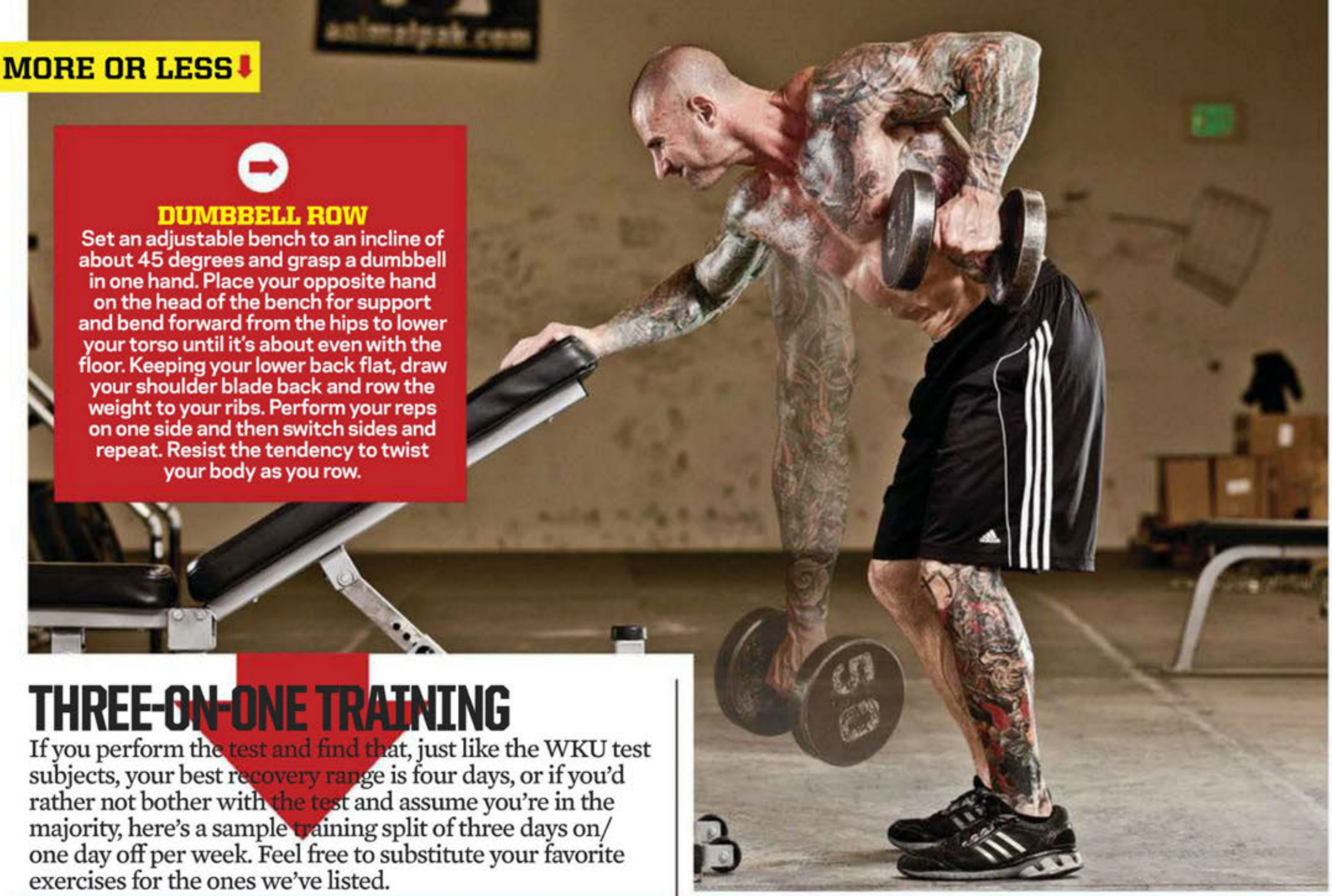

DUMBBELL ROW
Set an adjustable bench to an incline of about 45 degrees and grasp a dumbbell in one hand. Place your opposite hand on the head of the bench for support and bend forward from the hips to lower your torso until it's about even with the floor. Keeping your lower back flat, draw your shoulder blade back and row the weight to your ribs. Perform your reps on one side and then switch sides and repeat. Resist the tendency to twist your body as you row.

THREE-ON-ONE TRAINING

If you perform the test and find that, just like the WKU test subjects, your best recovery range is four days, or if you'd rather not bother with the test and assume you're in the majority, here's a sample training split of three days on/one day off per week. Feel free to substitute your favorite exercises for the ones we've listed.

DAY	MUSCLE GROUP	EXERCISE	SETS/REPS	REST
MONDAY	**Chest**	Incline Bench Press	3/8–10	2 min.
		Dumbbell Press	3/8–10	2 min.
		Cable Crossover	3/10–12	1 min.
	Shoulders	Overhead Dumbbell Press	3/8–10	2 min.
		Upright Row	3/8–10	2 min.
		Bentover Lateral Raise	3/10–12	1 min.
	Traps	Dumbbell Shrug	4/8–10	2 min.
	Triceps	Lying Triceps Extension	3/8–10	2 min.
		Triceps Pressdown	3/10–12	2 min.
TUESDAY	**Quads**	Barbell Squat	3/8–10	2 min.
		Leg Press	3/8–10	2 min.
		Leg Extension	3/10–12	1 min.
	Hamstrings	Lying Leg Curl	3/10–12	1 min.
	Calves	Standing Calf Raise	4/10–12	1 min.
	Abdominals	Hanging Leg Raise	3/10–12	1 min.
		Cable Crunch	3/12–15	1 min.
WEDNESDAY	**Back**	Pullup	3/6–10	2 min.
		One-arm Dumbbell Row	3/8–10	2 min.
		Reverse-grip Pulldown	3/8–10	2 min.
	Biceps	Barbell Curl	3/8–10	2 min.
		Preacher Curl	3/10–12	2 min.
	Forearms	Wrist Curl	3/10–12	1 min.
THURSDAY	**Off**			
FRIDAY	**Chest**	Incline Barbell Press	3/6–8	2 min.
		Flat Bench Dumbbell Press	3/6–8	2 min.
		Incline Dumbbell Flye	3/8–10	2 min.
	Shoulders	Overhead Barbell Press	3/6–8	2 min.
		Cable Lateral Raise	3/8–10	2 min.
		Barbell Front Raise	3/10–12	2 min.
	Traps	Barbell Shrug	4/6–8	2 min.
	Triceps	Close-grip Bench Press	3/6–8	2 min.
		Overhead Triceps Extension	3/8–10	2 min.
SATURDAY	**Quads**	Smith Machine Front Squat	3/6–8	2 min.
		Leg Press	3/6–8	2 min.
		Leg Extension	3/8–10	1 min.
	Hamstrings	Romanian Deadlift	3/8–10	2 min.
	Calves	Seated Calf Raise	4/15–20	1 min.
	Abdominals	Reverse Crunch	3/12–15	1 min.
		Crunch	3/15–25	1 min.
SUNDAY	**Back**	Bentover Barbell Row	3/6–8	2 min.
		Wide-grip Pulldown	3/6–8	2 min.
		Straight-arm Pulldown	3/10–12	1 min.
	Biceps	Incline Dumbbell Curl	3/8–10	2 min.
		Cable Curl	3/10–12	2 min.
	Forearms	Reverse Wrist Curl	3/10–12	1 min.

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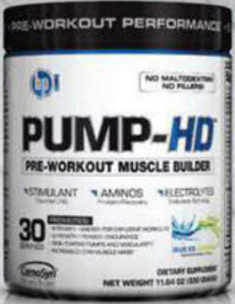

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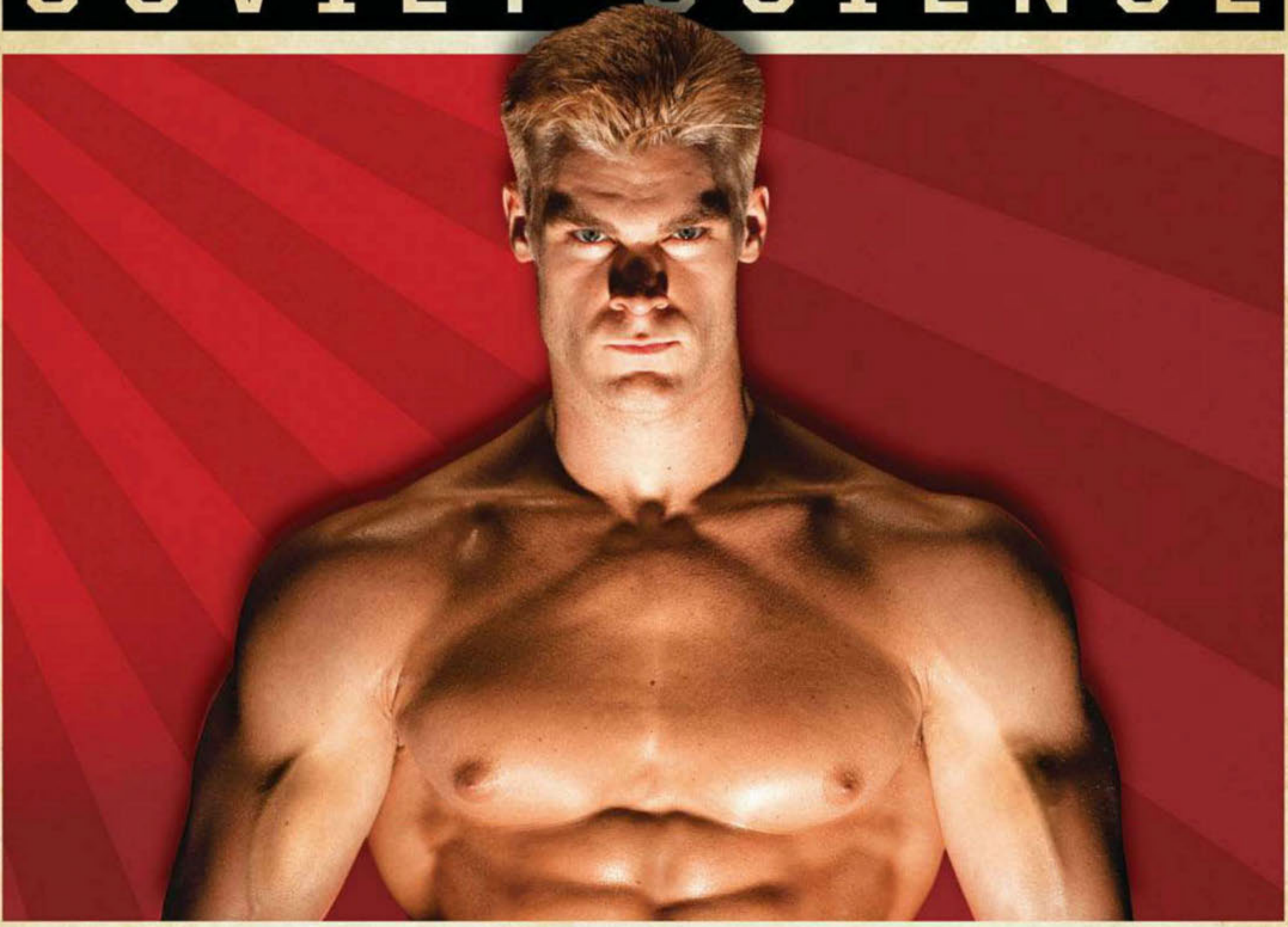

AMERICAN ★MUSCLE★

BUILD BULL STRENGTH WITH A BLAST FROM THE PAST BY USING PRILEPIN'S CHART

WORDS BY SAM DEHORITY ★★★ PROGRAM DESIGNED BY DAN TRINK, C.S.C.S.

Take your shirt off during summertime and you're turning heads at the beach. But this isn't summer, which means you're more likely to be wearing long-sleeve shirts and a coat than board shorts. So the idea of attaining deep cuts and shredded muscularity may not be quite as appealing to you right now as simply building mucho mass and jaw-dropping strength. Fair enough. With this in mind, we've reached back into the annals of training routines to dig up one of the most venerated strength templates ever devised: Prilepin's Chart. Based on the findings of the legendary USSR weightlifting coach Alexander Prilepin, the chart lays out the parameters you need to calculate how much you should be lifting in a given week, as well as the set and rep ranges required to help you blast through your current maxes. By the end of it, you just may be repping out with the same weights that used to be your max. Ready to get back to basics?

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THE HISTORY

Alexander Prilepin, the Soviet weightlifting coach for which this training methodology is named, coached the USSR junior national team from 1975–80, and the senior national team from 1980–85. We could fill a book with the accomplishments of those squads, but here are the numbers that you need to know: 85 medals (including five Olympic golds and three silvers) and 27 world records. How'd he do it? By analyzing the training logs of more than 1,000 national and international weightlifting champions to determine the intensity at which an athlete should train (expressed as a percentage of a one-rep max), the number of reps that athlete should perform per set, and the number of sets to perform in a given workout. His results speak for themselves. Below you will find the chart that was the brainchild of countless hours of research. If you're looking for a program that will build a solid base of strength, it really doesn't get much better than what Prilepin devised. To get you started, we hooked up with expert trainer Dan Trink, program director for Peak Performance in New York City, who applied the principles of the chart to create a program with only one goal: brute strength.

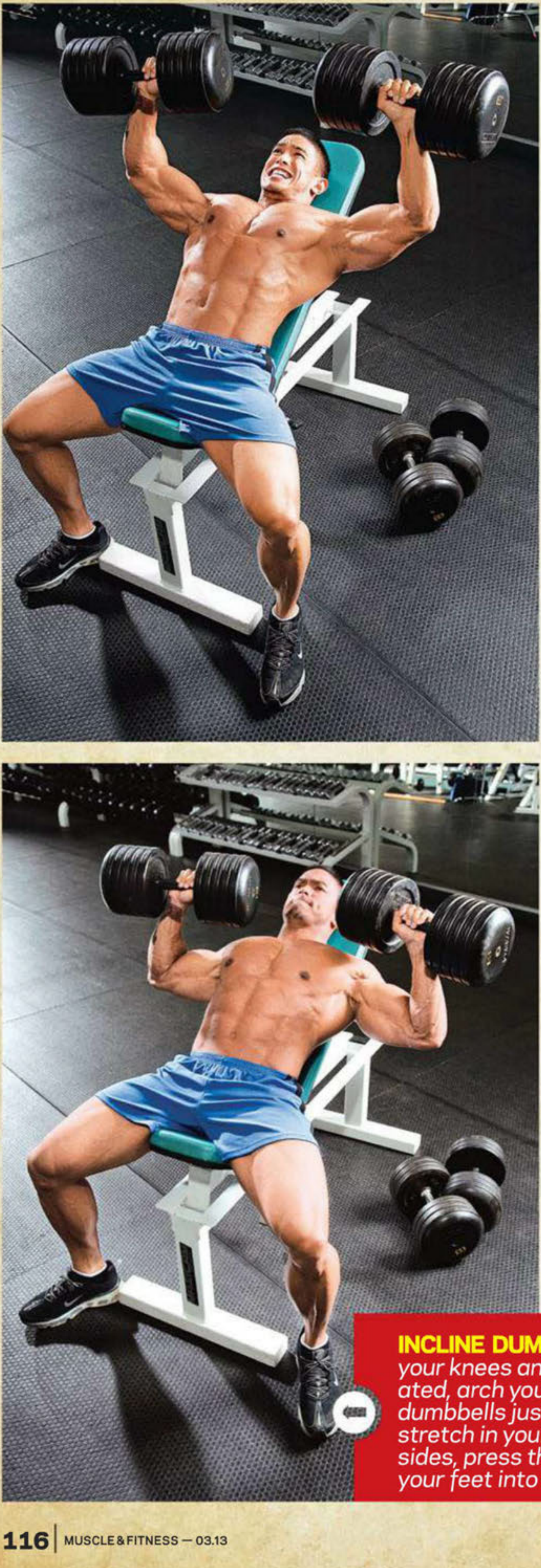
★★★

THE PROGRAM

Before you begin, you'll need to test your one-rep max (1RM) on the bench press, squat, and deadlift. Then you'll head into the gym and perform the following routine. Your assistance work is also based off of a percentage of 1RM. Since we don't expect you to max out on exercises like leg curls, use this formula to estimate those numbers: Weight lifted x Reps x 0.0333 + Weight lifted = 1RM. You'll want to avoid cardio on rest days—you'll need that time for recovery. Worried about your physique? Tighten up your diet and time your carbs appropriately. At the end of the month, test your 1RMs again. Odds are you'll have blown past your previous ceiling. The good news? That newfound strength will allow you to work with heavier weights when you're carving up for beach season, leading to a more impressive physique overall.

PRILEPIN'S CHART

PERCENT OF 1RM	REPS, SETS	OPTIMAL REP TOTAL	TOTAL RANGE
55-65	3-6	24	18-30
70-80	3-6	18	12-24
80-90	2-4	15	10-20
90+	1-2	4	10



INCLINE DUMBBELL BENCH PRESS: *Place the dumbbells on your knees and kick them up to your shoulders. Once you're situated, arch your back and drive your toes into the floor. Lower the dumbbells just past your chest at your nipples until you feel a stretch in your pecs. Keeping your elbows tucked in to your sides, press the weights up while simultaneously pressing your feet into the floor for extra power.*

MICHAEL DARTER

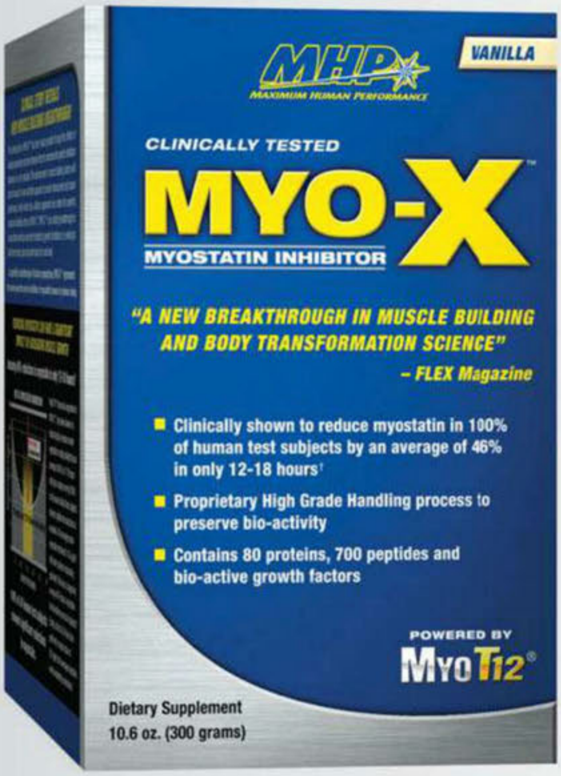
MUSCLE SCIENCE

Myostatin Inhibitors Spark Muscle Building Controversy

The secret to extreme muscle enhancement may be myostatin inhibition.

It's been all the rage of the muscle building press. It's been touted as the emerging bane of the existence of the World Anti-Doping Agency, as they try to keep athletes away from the sheer and ominous power of this new class of muscle building and performance enhancers known as myostatin inhibitors. While the International Olympic Committee may shudder to think of all the records that may be shattered, the United States Anti-Doping Agency actually went so far as to ban substances that utilize this approach as far back as 2008 by creating a new banned category.

So why are these athletic regulatory bodies so concerned about the use of myostatin inhibitors in sports? To best answer this question, let's discuss what myostatin is and exactly how it can positively affect muscle growth and athletic performance.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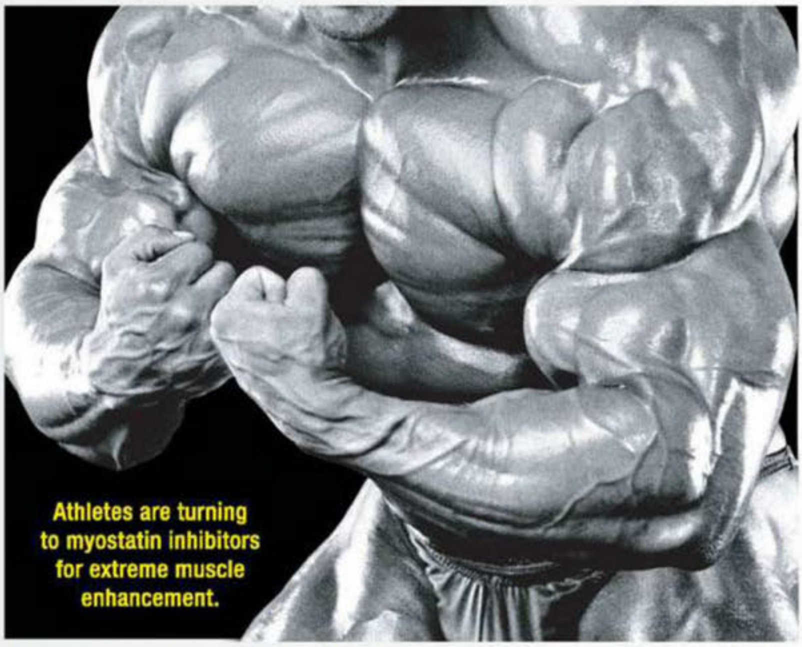

Athletes are turning to myostatin inhibitors for extreme muscle enhancement.

WHAT IS MYOSTATIN?

Myostatin is the greatest single catabolic limiting factor of muscle growth. This natural growth factor protein exists in our bodies and works to regulate and limit muscle growth in a genetically predetermined pattern. Clinical evidence and case studies have confirmed how myostatin suppresses muscle growth. It is theorized that this vestigial control over muscle gains was evolutionarily needed to prevent the human body from being overly muscled. Unfortunately, thanks to this evolutionary process, your ability to put on more muscle is being restricted by myostatin regardless of how hard you train.

This is why there has been such incredible interest among scientists and athletes and such concern by athletic governing bodies over the use of myostatin inhibitors. The governing bodies of sports look at this as cheating, while athletes look at it as a way to enhance muscle growth and improve athletic performance. You should look at the use of myostatin inhibitors as a new and effective way to help you activate muscle growth and build the muscular physique you've been working so hard for in the gym.

MYO-X: THE MYOSTATIN CRUSHER

Now, thanks to this amazing scientific breakthrough, bodybuilders and athletes everywhere may be able to break the limitations created by myostatin and maximize their muscle building potential. MYO-X is an all-natural, clinically tested myostatin inhibitor shown in scientific research to reduce myostatin levels in 100% of test subjects by an astounding average of 46% with just one serving! This is a very significant breakthrough for bodybuilders and athletes looking to increase muscle mass, strength and performance. Myostatin reductions such as these may help counter the catabolic forces that have restricted your ability to build more muscle and open the door to new muscle building potential. In fact, MYO-X is so extraordinary, *Muscular Development* magazine has proclaimed it to be the "Revolutionary Muscle Building Breakthrough of the Century!"* No doubt, MYO-X has emerged as the single most powerful approach to extreme muscle enhancement for all athletes!

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WorldMags

PRILEPIN STRENGTH PROGRAM

HOW TO DO IT: Perform all workouts for each week with one or two days rest in between. Finish all sets for EXERCISE A, then alternate between B1 and B2 until you are finished.

WEEK 1

WORKOUT A - MONDAY

	EXERCISE	SETS	REPS	REST	% OF 1RM
A	**Back Squat**	4	4	180 sec.	80-90%
B1	**Incline Dumbbell Bench Press**	3	6	75 sec.	70-80%
B2	**Lying Hamstring Curl**	3	6	75 sec.	55-65%

SQUAT: *With a loaded barbell on your back, push your hips back while attempting to "spread the floor" with your feet. Once your hips are at or slightly below 90 degrees, explode back up.*

* * *

WORKOUT B - WEDNESDAY

	EXERCISE	SETS	REPS	REST	% OF 1RM
A	**Barbell Bench Press**	4	4	120 sec.	80-90%
B1	**Pull-through**	3	6	75 sec.	70-80%
B2	**Split Squat**	3	6	75 sec.	70-80%

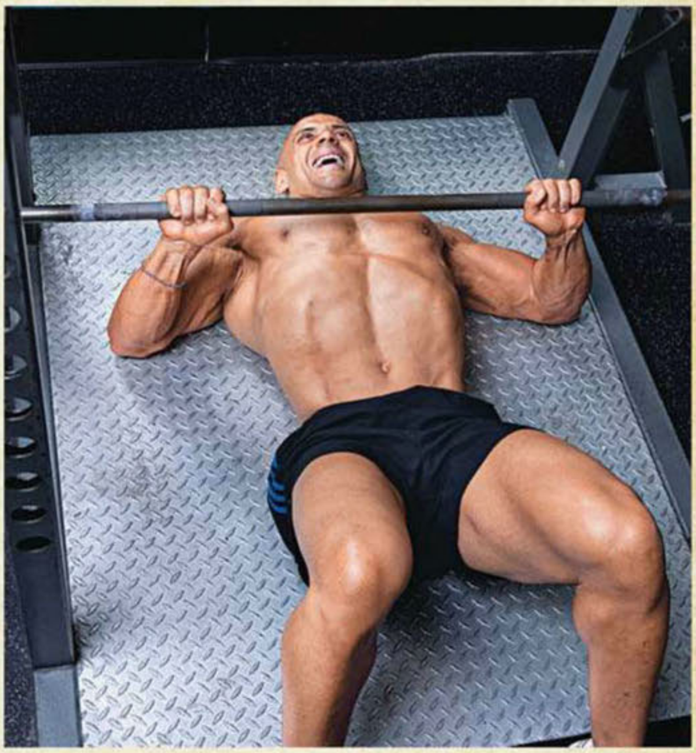
PULL-THROUGH: *Hook a rope attachment to a low pulley and face away from the weight stack. Hold the rope with both hands and bend at the hips until your upper body is parallel to the floor. Push your hips forward and squeeze your glutes to stand up.*

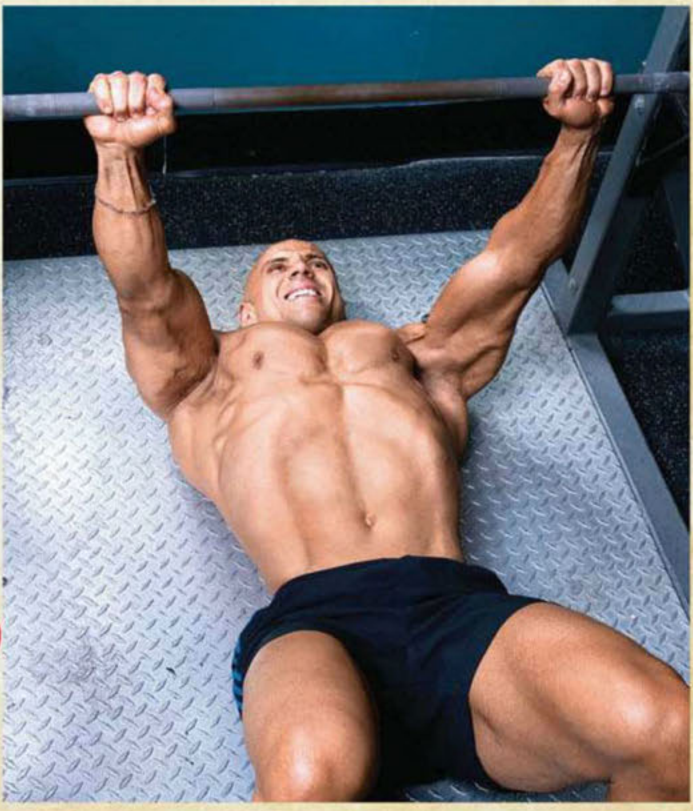
* * *

WORKOUT C - FRIDAY

	EXERCISE	SETS	REPS	REST	% OF 1RM
A	**Deadlift**	4	4	120 sec.	80-90%
B1	**Floor Press**	3	6	75 sec.	70-80%
B2	**Walking Lunge**	3	6	75 sec.	70-80%

FLOOR PRESS:
In the power rack, set the pins so the bar rests about two feet off of the floor. Lie down, raise your knees to brace yourself, and pull your shoulder blades together. Next, unrack the weight. Lower the bar until your triceps touch the floor and your elbows form a 90-degree angle, then press up. This lift will help you move more on the conventional bench press.





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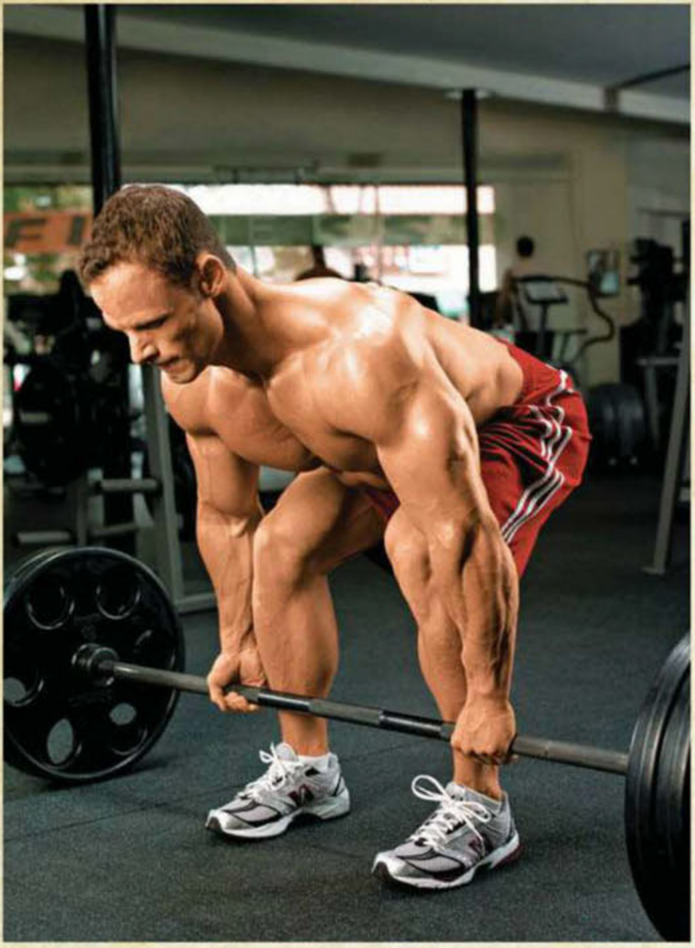


WEEK 2

WORKOUT A - MONDAY

	EXERCISE	SETS	REPS	REST	% OF 1RM
A	**Back Squat**	4	5	120 sec.	70-80%
B1	**Flat Dumbbell Bench Press**	3	8	75 sec.	55-65%
B2	**Step-up**	3	8	75 sec.	55-65%

STEP-UP: *Find a box or bench that is waist height. Raise one thigh until it reaches a 90-degree angle with your hips, place it on the surface, and step up. Push your hips slightly past lockout at the top.*

★★★

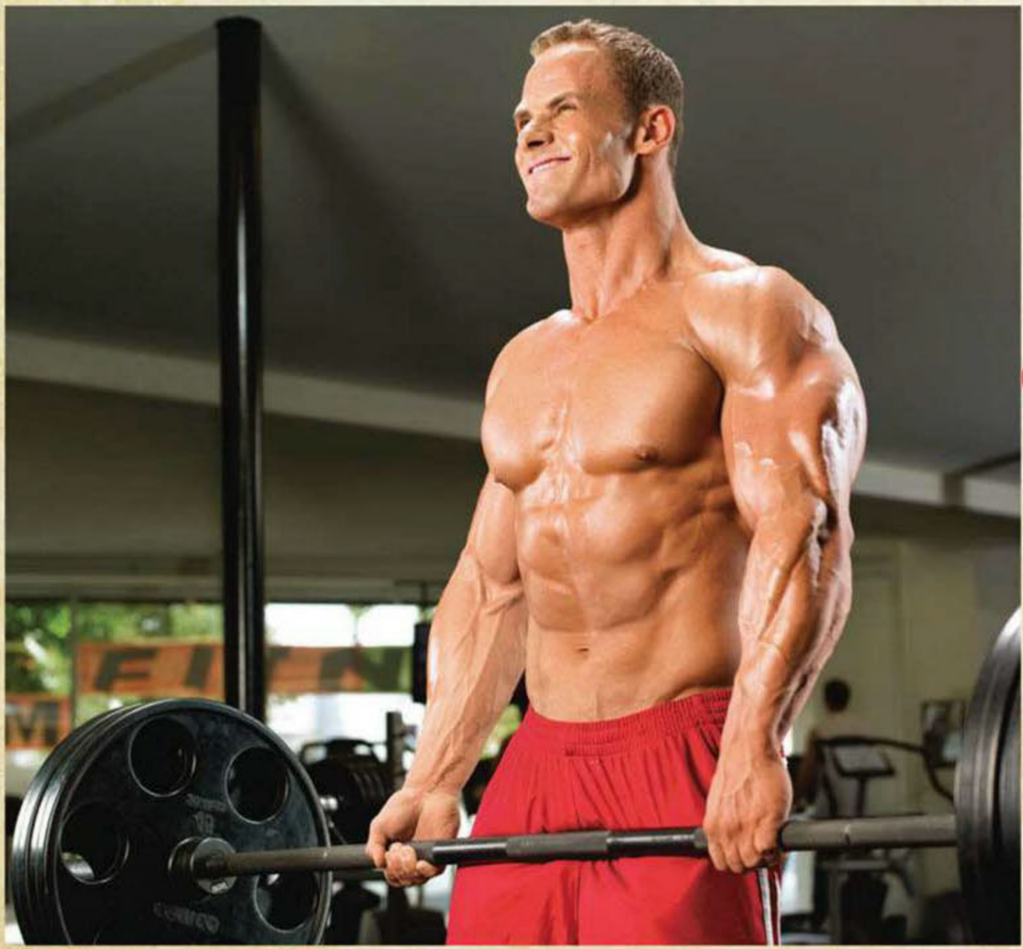
WORKOUT B - WEDNESDAY

	EXERCISE	SETS	REPS	REST	% OF 1RM
A	**Barbell Bench Press**	4	5	120 sec.	70-80%
B1	**Good Morning**	3	8	75 sec.	55-65%
B2	**Reverse Lunge**	3	8	75 sec.	55-65%

★★★

WORKOUT C - FRIDAY

	EXERCISE	SETS	REPS	REST	% OF 1RM
A	**Deadlift**	4	5	120 sec.	70-80%
B1	**Dumbbell Seated Overhead Press**	3	8	75 sec.	55-65%
B2	**Leg Press**	3	8	75 sec.	55-65%



DEADLIFT: *Approach the bar so the area where the knurling (the raised, diamond-shaped pattern that helps your grip) meets the smooth part of the bar bisects each of your feet. Grip the bar outside your knees and pull it as close to your shins as you can. Drop your hips and stand up with the weight, engaging your glutes. Once the bar reaches knee height, push your hips forward to complete the lift. Maintain a flat back throughout.*

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WEEK 3

WORKOUT A - MONDAY

	EXERCISE	SETS	REPS	REST	% OF 1RM
A	Back Squat	2	2–3	180 sec.	90+%
B1	Incline Dumbbell Bench Press	3	5	120 sec.	80–90%
B2	Reverse Lunge	3	5	120 sec.	80–90%

★★★

WORKOUT B - WEDNESDAY

	EXERCISE	SETS	REPS	REST	% OF 1RM
A	Barbell Bench Press	2	2–3	180 sec.	90+%
B1	Pull-through	3	5	120 sec.	80–90%
B2	Split Squat	3	5	120 sec.	80–90%

★★★

WORKOUT C - FRIDAY

	EXERCISE	SETS	REPS	REST	% OF 1RM
A	Deadlift	2	2–3	180 sec.	90+%
B1	Floor Press	3	5	120 sec.	80–90%
B2	Walking Lunge	3	5	120 sec.	80–90%

★★★

WEEK 4

WORKOUT A - MONDAY

	EXERCISE	SETS	REPS	REST	% OF 1RM
A	Back Squat	4	6	75 sec.	55–65%
B1	Flat Dumbbell Bench Press	3	10	60 sec.	55–65%
B2	Step-up	3	10	60 sec.	55–65%

★★★

WORKOUT B - WEDNESDAY

	EXERCISE	SETS	REPS	REST	% OF 1RM
A	Barbell Bench Press	4	6	75 sec.	55–65%
B1	Good Morning	3	10	60 sec.	55–65%
B2	Reverse Lunge	3	10	60 sec.	55–65%

★★★

WORKOUT C - FRIDAY

	EXERCISE	SETS	REPS	REST	% OF 1RM
A	Deadlift	4	6	75 sec.	55–65%
B1	Seated Overhead Press	3	10	60 sec.	55–65%
B2	Leg Press	3	10	60 sec.	55–65%

GOOD MORNING: *Place a loaded barbell across your traps as if you were squatting, and squeeze your shoulder blades together. Push your hips back until you feel a stretch in your hamstrings—your upper back will be almost parallel to the floor—then stand upright by pushing your hips forward.*

PAVEL YTHJALL

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WorldMags

THE 10 Commandments OF Gym Etiquette

WHAT EVERY MAN NEEDS TO KNOW ABOUT HOW TO CONDUCT HIMSELF IN THE GYM

BY LORNE OPLER, C.S.C.S.

Whether you realize it or not, you and those you share a gym with form a community. Making that community an entity that can work together for everyone's benefit means following a few sensible rules—rules that aren't posted on the walls of your gym but probably should be. Follow this simple code of conduct to ensure the safest, most productive—and least annoying—training environment for everyone around you. Go ahead and rip these pages out of the magazine and tape them to the wall of your gym. It's time everyone got the message.

CHRIS LUND

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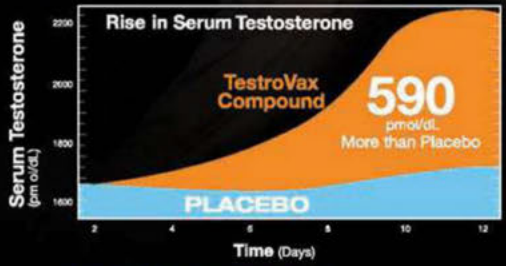

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GYM ETIQUETTE

NO. 1

Honor Thy Line for the Water Fountain

● There's nothing more frustrating than standing in line behind the guy filling up his giant-size shaker cup or gallon jug of water when all you want is a quick sip between sets. If you've got a big bottle to fill and someone without a bottle gets in line behind you, step aside momentarily and let that guy drink first.

NO 2

Thou Shalt Not Giant Set in a Crowded Gym

● This one should be the most obvious and self-explanatory, but many guys just don't get it. The gym is a public space, and the weights belong to everyone. If the gym is nearly empty, circuit train all you want. But if it's packed (as it is on most weeknights after working hours), don't hog a bunch of equipment for yourself. If you absolutely need several pairs of dumbbells for a long giant set, be prepared to let other people work in.

NO. 3

Thou Shalt Clean Up After Thyself

● You wouldn't want to strip a few hundred pounds off the bar every time you go to the rack, so don't leave anything on the bar when you're done, either. Bars that don't get stripped after sets will bend over time, and eventually be rendered useless to serious lifters. For dumbbells, many gyms label designated spots for each one, so put them back in those spots. This will also save time when you're looking for what you need.

NO. 4

Thou Shalt Not Walk Around Naked

● There's nothing wrong with being comfortable in your own skin, and our opposition to strolling around naked in the locker room has nothing to do with homophobia. We just don't *need* to see it, and we'll wager that most guys feel the same way. It's not that hard to cover up with a towel on your way to the shower, so please, do everyone a favor.

NO. 5

Thou Shalt Not Carry a Cell Phone

● There's nothing more distracting than someone yammering away on his cell phone when you're in the middle of a set. Most people stay connected 24/7 these days, but if you expect to get results in the gym, you're not going to get them if you're checking your phone every 10 seconds. Whatever it is, it can wait. Leave the phone in your car or locker.

GETTY IMAGES (3)

Locked In.

The mind-muscle connection… Every two-bit "guru" tries to sell you on the need to "feel the muscle working." But let me tell you, until you experience it yourself, you can't understand. It is spiritual. To go deep within and be so in tune with each synapse firing, each fiber splitting... Feeling and intuition taking physical form. Every transformative rep preconceived, from stretch to contraction. From concept to reality, the mind compels the body to grow anew. This extraordinary union of brain and brawn, free of distraction and diversion, is an intangible quality that sets apart the best. Here's the secret I know… That this crystal clarity is always just one tiny, potent, black scoop away. Bang back a shot of Animal Rage and you're switched on, turned up and locked in. The powerful intensity, energy and performance actives coursing through your veins. This is concentration in concentrated form, bringing thought and action together in a glorious moment of unbridled force. This isn't just working out, this is the mind-muscle connection, redefined. This is training on a higher plane. This is Animal Rage.

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NO. 6

Thou Shalt Offer a Spot

● We're all pressed for time when we train, but when someone is lifting without a partner, he'll probably need a spot at some point in his workout. And at some point, that guy will be you. Just make sure you spot properly. On the bench, this means your hands should be hovering just an inch below the bar, ready to help in case the lifter gets in trouble. Before the set, agree on a cue he can give you during the set if he needs help. Otherwise, don't help unless he completely stalls out.

NO. 7

Thou Shalt Not Interrupt a Set

● Lifting safely requires 100% concentration, so leave a decent-size buffer between you and anyone who's in the middle of lifting. You should leave enough of a radius around other guys so that there's no conceivable chance that you might be in the way if someone drops the weight. This is both a personal space and safety issue. Likewise, if you have a question like, "How many more sets do you have?" it can wait until a break between sets.

NO. 8

Thou Shalt Not Sing Along with Thy iPod

● No one wants to hear you singing along with the tunes coming through your headphones. Try to hit a falsetto note like Bon Jovi and people will run in terror. Try to keep up with Tupac and people will think you're a mumbling psychopath. Whatever kind of music gets you moving, please keep it to yourself.

NO. 9

Honor Thy New Guys

● Even if you are the new guy, we hope you won't stay one for very long. Once you have the lay of the land, remember where you started, and that everyone was a new guy once. Offering help, or just saying Hi, can go a long way toward creating a positive, productive environment.

NO. 10

Honor Thy Equipment

● Equipment repairs can be few and far between at most gyms, so you've got to take care of what's available. To wit: Don't rest dumbbells on upholstery. Don't let weight stacks crash down at the end of a set. And if you notice broken equipment, report it to management immediately. It will never get fixed if you keep it to yourself.

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AS SEEN IN *MUSCLE & FITNESS*

SAVE ON PRODUCTS FEATURED IN THIS ISSUE
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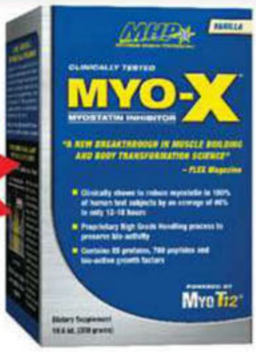
SUPPLEMENT OF THE MONTH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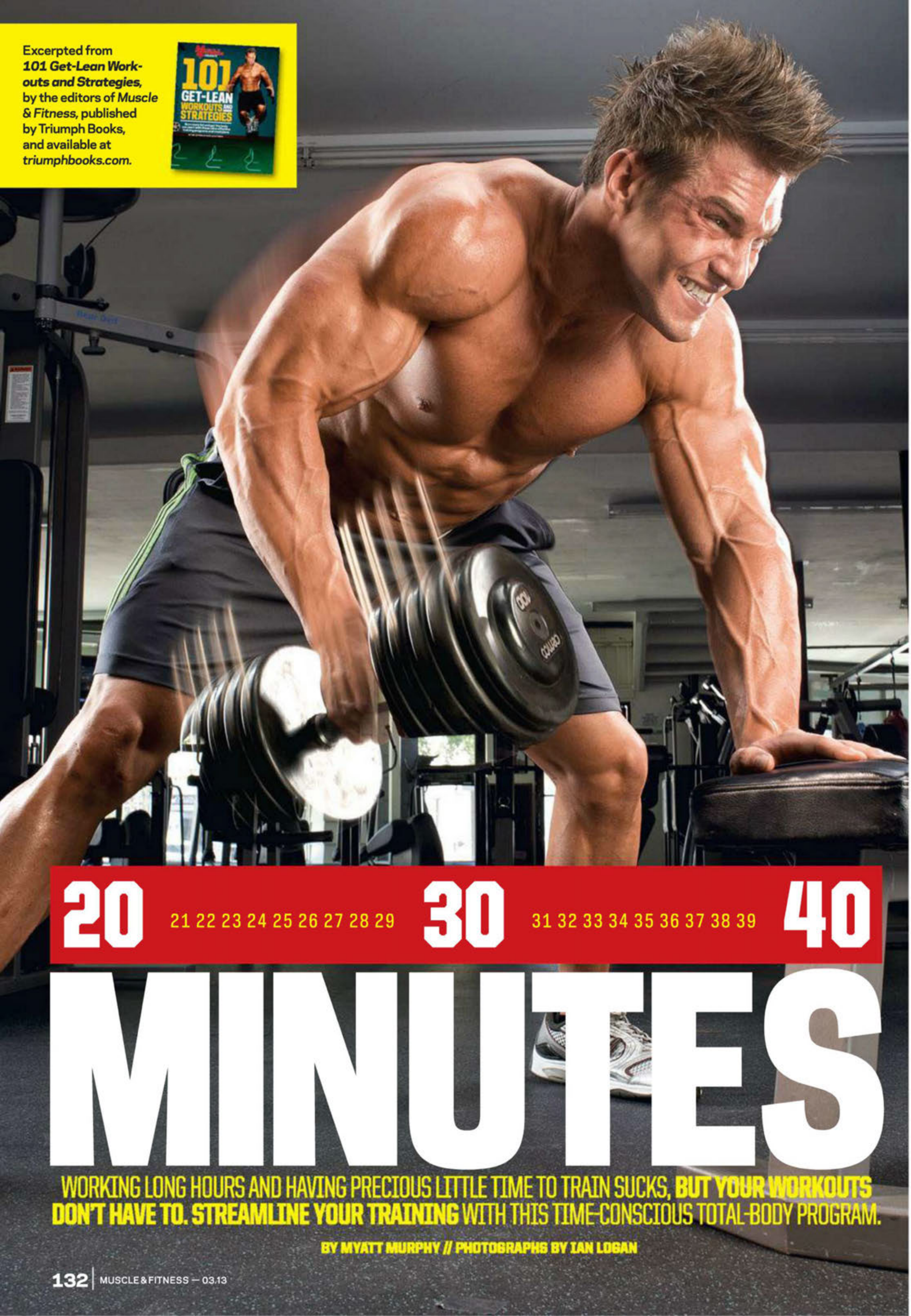

20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 MINUTES

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BY MYATT MURPHY // PHOTOGRAPHS BY IAN LOGAN

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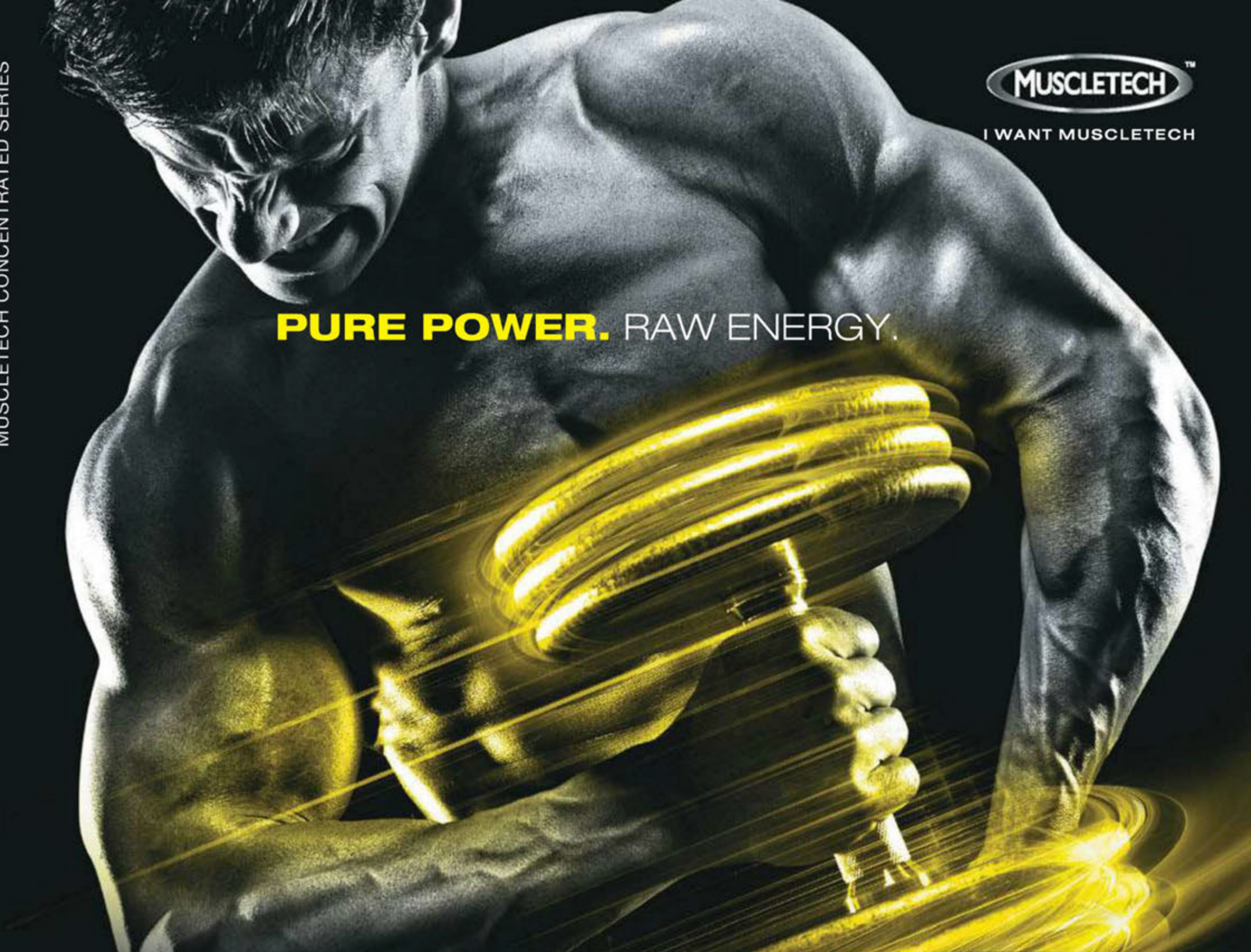
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*A recent study on nitric oxide metabolism shows that L-citrulline is scientifically superior to arginine for increasing plasma levels of arginine. Reference: Schwedhelm et al., 2007. *Br J Clin Pharmacol.* 65(1):51-9.

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ORTS CENTER

PULLUP
Keep your back as arched as possible to activate your lats.

ONCE again, it's on. Precious minutes are draining from your schedule, and all the gains you've sweated and bled for all year are at risk of evaporating right before your eyes. That's what happens when reality sets in and work, friends, and family take up the vast majority of your time. But it can all be prevented with a time-efficient full-body routine that leaves no stone—or muscle—unturned.

We've employed trainer Jeff Bell, C.S.C.S., owner of Bell Fitness Co. in New York City, to come up with a plan that will get your body through any busy season.

THE HARD BASICS

Keeping your hard-earned progress intact in the midst of a hectic schedule doesn't have to be difficult as long as you focus on working the right muscle groups. The idea is to implement a three-day schedule that relies primarily on heavy, multijoint exercises performed circuit-style to burn more calories and fat. "The smartest choice you can make is a high-intensity full-body plan that stimulates as many muscle fibers as possible," Bell says.

Bell's routine uses some variety of four foundation exercises that target your larger muscle groups (legs, back, and chest) to give you the best possible session in the shortest amount of time. It also includes several unique moves—renegade rows and crucifix shoulder extensions—designed to challenge your body in unfamiliar ways.

"By training your muscles through a greater diversity of angles throughout the week, you'll recruit a greater amount of muscle fibers, which will burn extra calories in the process," Bell says. "You'll also train every possible muscle group at least once a week, if not several times, so they're reminded to stay as strong as possible until you can return to your usual routine."

TIME MANAGEMENT

The primary goal of this workout is to keep your muscles powerful and pumped by taking advantage of the principle of muscle confusion. If you find a few extra minutes to spare on certain days, however, this routine is easily adjustable, with room for up to six more movements and even better results.

The basic template is a full-body routine you'll perform three times a week. If you have 20 minutes to work with, you'll hit four main exercises as a circuit, resting 15–60 seconds between exercises. Working your way through all four moves is one round. Three rounds is the gold standard for a 20-minute session, but if you're feeling particularly energetic, go for four.

With 30 minutes of workout time, add the "bonus" exercise to the template, making each round consist of five moves. For 40 minutes, add the sixth "bonus" move, keeping the circuit-style performance of the rounds the same.

Regardless of how many minutes you're able to exercise each day, Bell recommends taking one day off between sessions. No matter how hard you push your muscles, they still need a full 48 hours to recover, so make sure you're planning to give them enough time to rest and rebuild between your workouts.

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YOUR MONTH-LONG PLAN

MONDAY

EXERCISE	REPS
ALTERNATING HEAVY DUMBBELL CHEST PRESS	8–10
PULLUP	6–12
HEAVY DUMBBELL SWING	8–12
LEG PRESS	8–12
IF YOU HAVE 30 MINUTES, ADD...	
REVERSE CURL	8–12
IF YOU HAVE 40 MINUTES, ADD...	
EZ-BAR LYING TRICEPS EXTENSION	12–15

TUESDAY: **REST**

WEDNESDAY

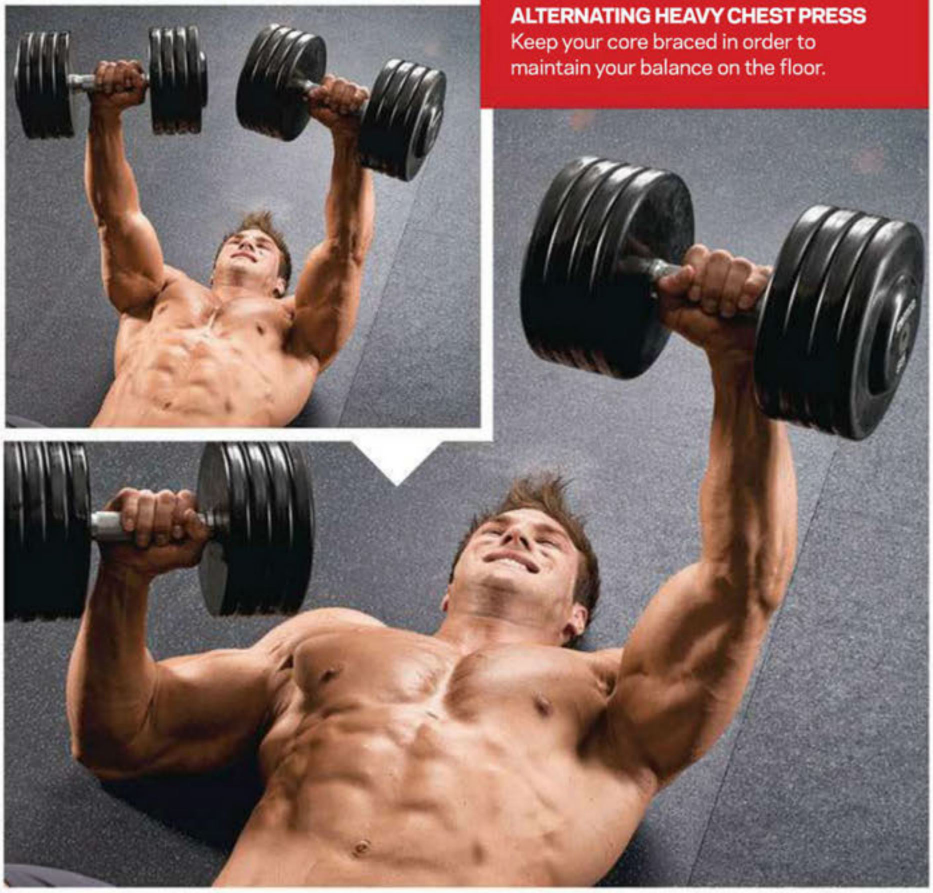
EXERCISE	REPS
BACK SQUAT	6–8
MACHINE INCLINE PRESS	8–12
HEAVY ONE-ARM BENTOVER ROW	8–12 EACH SIDE
HANGING LEG RAISE	12–15
IF YOU HAVE 30 MINUTES, ADD...	
CRUCIFIX SHOULDER EXTENSION	8–12
IF YOU HAVE 40 MINUTES, ADD...	
INCLINE HAMMER CURL	8–12

THURSDAY: **REST**

FRIDAY

EXERCISE	REPS
DUMBBELL FRONT SQUAT	12–15
PARALLEL-BAR DIP	8–15
RENEGADE ROW	8–12
CABLE OVERHEAD TRICEPS EXTENSION	8–12
IF YOU HAVE 30 MINUTES, ADD...	
CLOSE-GRIP CHIN	6–12
IF YOU HAVE 40 MINUTES, ADD...	
BOX JUMP	8–10

SATURDAY/SUNDAY: **REST**



ALTERNATING HEAVY CHEST PRESS
Keep your core braced in order to maintain your balance on the floor.

LEG PRESS
Lower your legs only until your knees are bent 90 degrees.

THE FREQUENCY

MONDAY, WEDNESDAY, FRIDAY

WEEK 1 ---➜ *REST 60 SECONDS BETWEEN EXERCISES/CIRCUITS; DO TWO ROUNDS*

WEEK 2 ---➜ *REST 45 SECONDS BETWEEN EXERCISES/CIRCUITS; DO TWO ROUNDS*

WEEK 3 ---➜ *REST 30 SECONDS BETWEEN EXERCISES/CIRCUITS; DO 2–3 ROUNDS*

WEEK 4 ---➜ *REST 15–20 SECONDS BETWEEN EXERCISES/CIRCUITS; DO 3–4 ROUNDS*

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-Jeff M.¹

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†Based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings.

When combined with a proper exercise and nutrition regimen.

[1] Photos are of members of Pro-Nutra's Team who received complimentary products in exchange for their testimonials.

**Dr. Gary Weinberger is a member of Pro-Nutras's scientific advisory board.*

MONDAY

ALTERNATING HEAVY DUMBBELL CHEST PRESS

Start: Lie faceup on the floor with your knees bent and your feet flat on the floor. Have a training partner hand you a pair of heavy dumbbells so your arms remain extended, weights directly above your chest.

Execution: Keeping your left arm straight, slowly lower the weight in your right hand until your upper arm touches the floor. Press the dumbbell back up, then repeat the move with your left arm while keeping your right arm straight. Alternate for reps.

PULLUP

Start: Grasp an overhead bar, using an overhand grip with your hands slightly wider than shoulder width apart. Hang from the bar, keeping your arms straight and your elbows unlocked.

Execution: Slowly pull yourself up until your chin passes the bar, then lower yourself back down until your arms are straight.

10-SECOND TIP
If you need to cheat by "kipping" your legs on the last few reps, that's OK.

HEAVY DUMBBELL SWING

Start: With your feet wider than shoulder width, squat down and grasp a heavy dumbbell by one end with both hands. Hold the weight between your legs.

Execution: Quickly push yourself into a standing position as you shift your hips forward, and swing the dumbbell up and in front of you to approximately shoulder level. Reverse the move until the weight's once again between your legs.

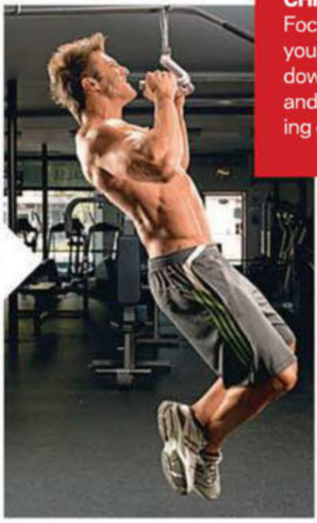
10-SECOND TIP
Let the dumbbell swing all the way between your legs so you feel the pull in your hamstrings, then extend your hips and explode back up.

LEG PRESS

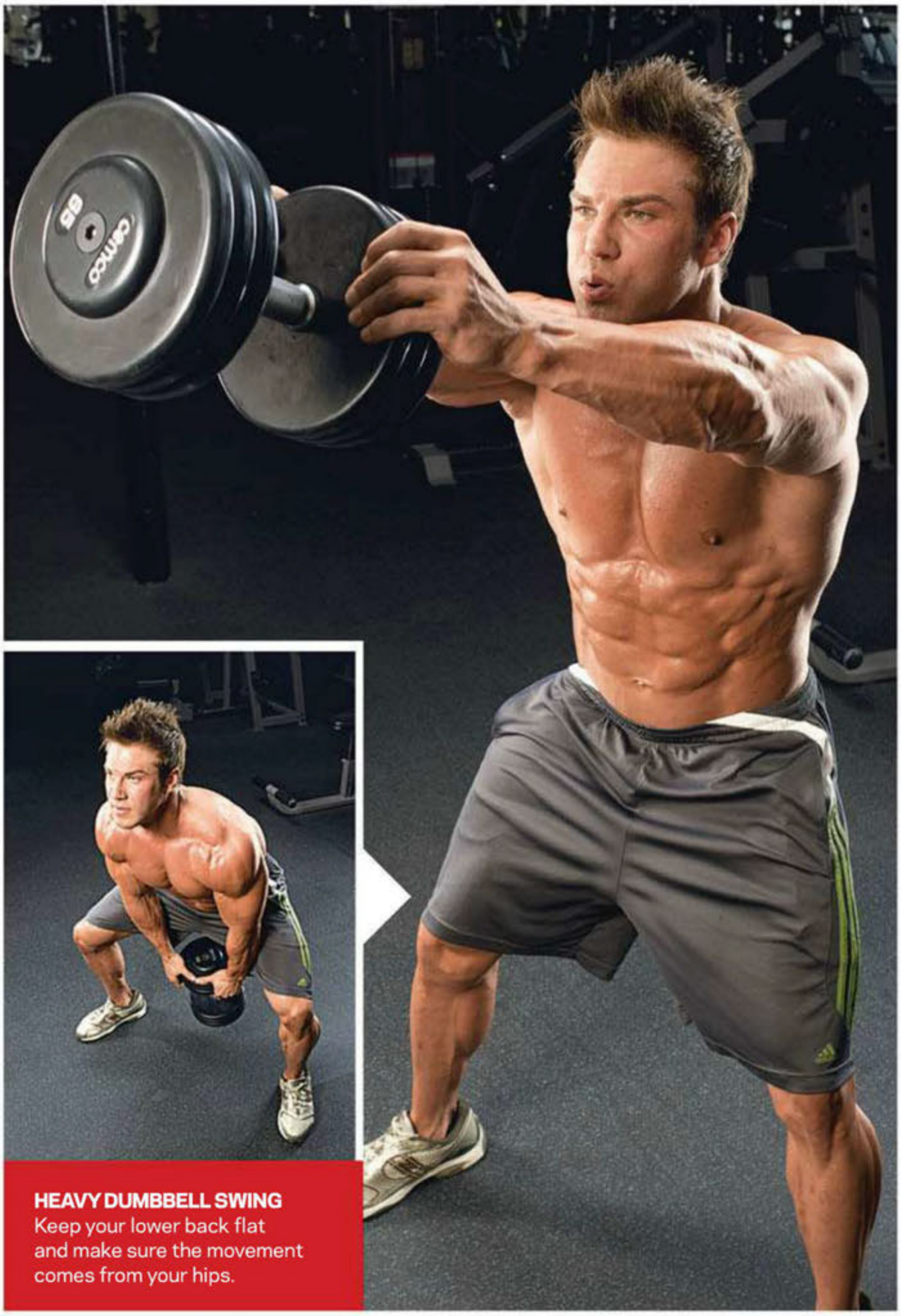
Start: Sit in a leg-press machine with your back and glutes flat against the seat, and your feet hip width apart on the platform above you.

Execution: Press the weight up until your legs are straight, knees unlocked. Release the safeties and slowly lower the platform until your knees form 90-degree angles.

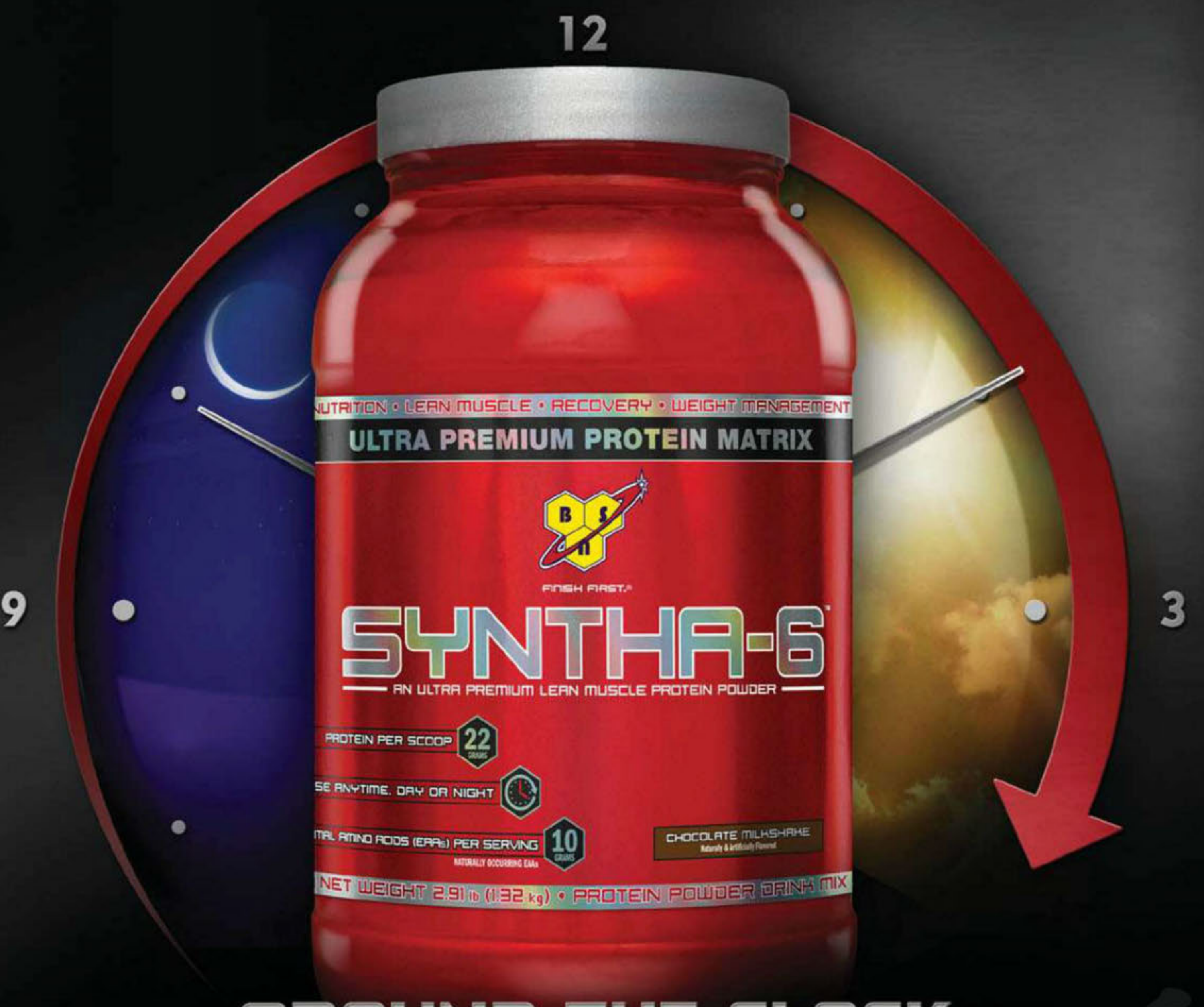
20 Minutes: Done



CLOSE-GRIP CHINUP
Focus on driving your elbows down and back, and avoid swinging on the bar.



HEAVY DUMBBELL SWING
Keep your lower back flat and make sure the movement comes from your hips.


12
9
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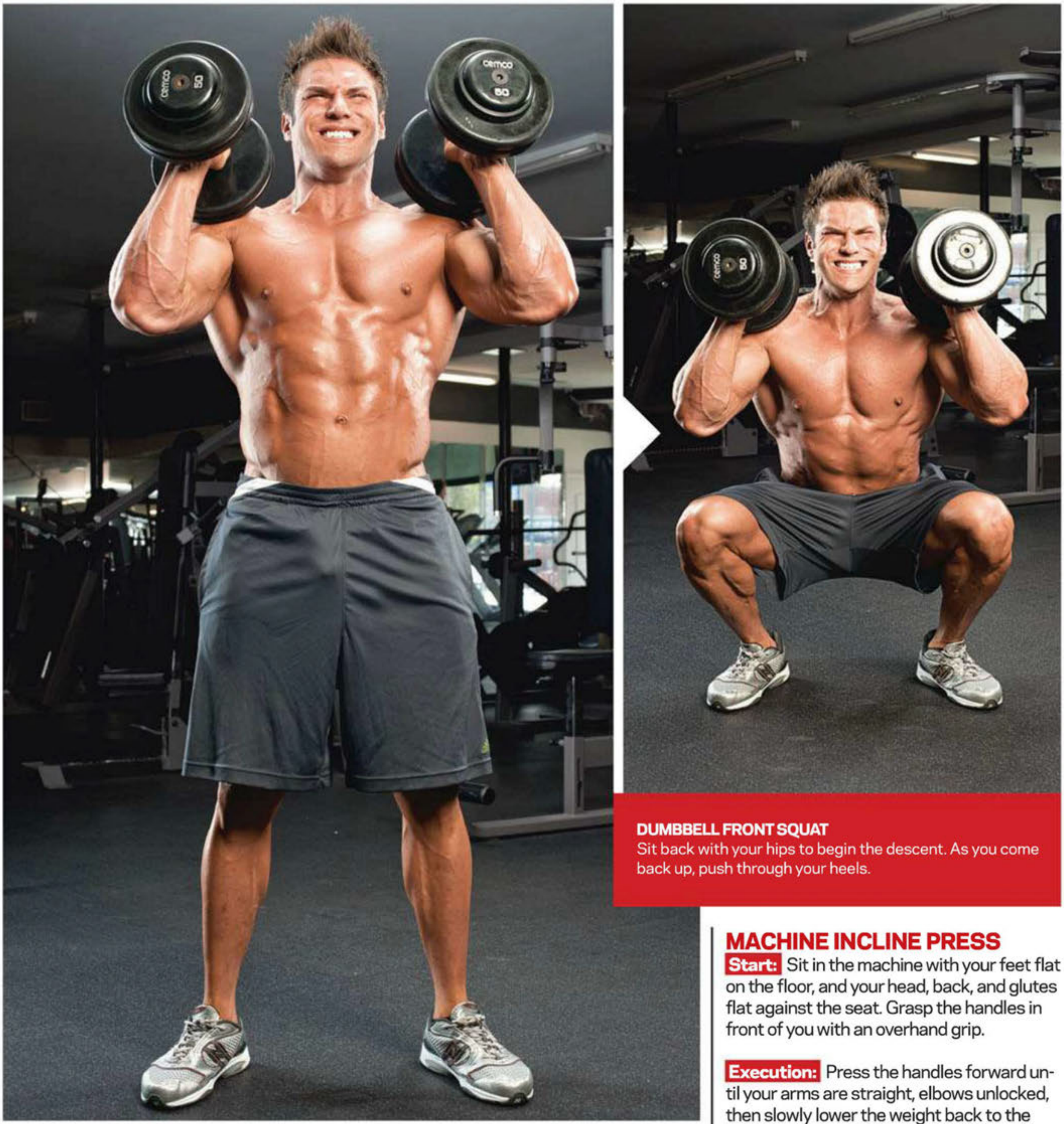

DUMBBELL FRONT SQUAT
Sit back with your hips to begin the descent. As you come back up, push through your heels.

WEDNESDAY

BACK SQUAT

Start: With your hands slightly wider than shoulder width, grasp a barbell with an overhand grip and rest it across your shoulders. Lift the bar off the rack and step back.

Execution: With your back straight and your feet shoulder-width apart, descend until your thighs are at least parallel to the floor. Then explosively extend your hips and knees to come back up.

HEAVY ONE-ARM BENTOVER ROW

Start: Stand alongside a flat bench with a heavy dumbbell in your left hand. Place your right hand on the bench for support, then step your feet backward until your back is almost parallel to the floor. Your left arm should hang straight down with your palm facing in.

Execution: Holding this position, slowly pull the weight close to your body until it reaches your side. Lower the dumbbell and repeat for reps, then switch sides.

MACHINE INCLINE PRESS

Start: Sit in the machine with your feet flat on the floor, and your head, back, and glutes flat against the seat. Grasp the handles in front of you with an overhand grip.

Execution: Press the handles forward until your arms are straight, elbows unlocked, then slowly lower the weight back to the start position.

HANGING LEG RAISE

Start: Hang from an overhead bar with your hands wider than shoulder width. Your legs should hang straight underneath you, with your knees slightly bent and your feet pointing down.

Execution: Tilt your pelvis up and slowly raise your legs until they're parallel to the floor, then return to the start. Avoid using momentum; control each rep.
20 Minutes: Done

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FRIDAY

DUMBBELL FRONT SQUAT

Start: Hold heavy dumbbells at shoulder level, with your palms facing in and your elbows pointed down. Stand with your feet shoulder-width apart.

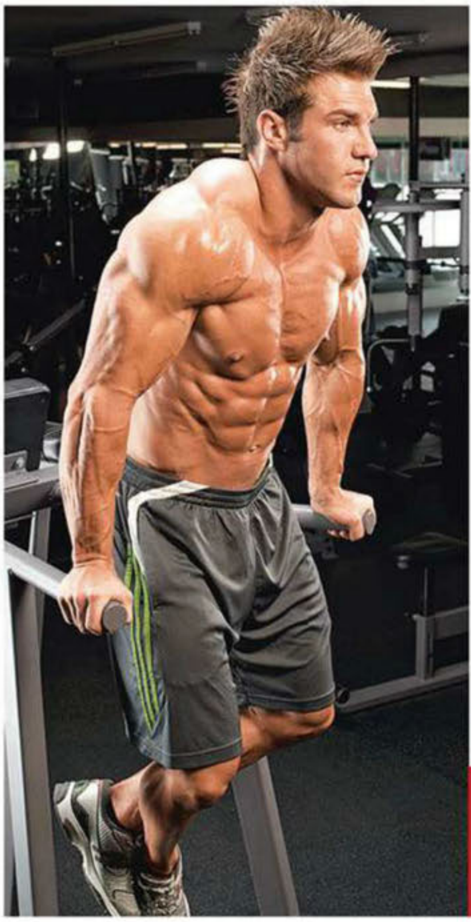
Execution: With your back straight and your eyes forward, slowly squat down until your thighs are nearly parallel to the floor, then return to standing.

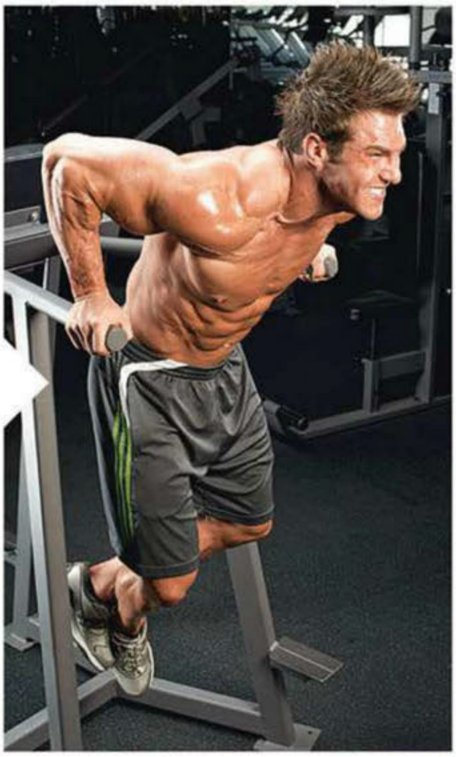
10-second tip
Keep your head and chest up, especially on your last few reps. Dumbbell front squats tend to pull you forward, so fight gravity and maintain an upright position.

DIP

Start: Grasp the parallel dip bars with your palms facing in. Extend your arms, keeping your elbows unlocked and your knuckles pointing straight down.

Execution: Keeping your arms close to your body, bend your elbows and slowly descend until your upper arms are parallel to the floor. Push yourself back up until your arms are straight, elbows unlocked.





DIP
Don't lower your body much below where your upper arms are parallel to the floor. This will help prevent shoulder injury.

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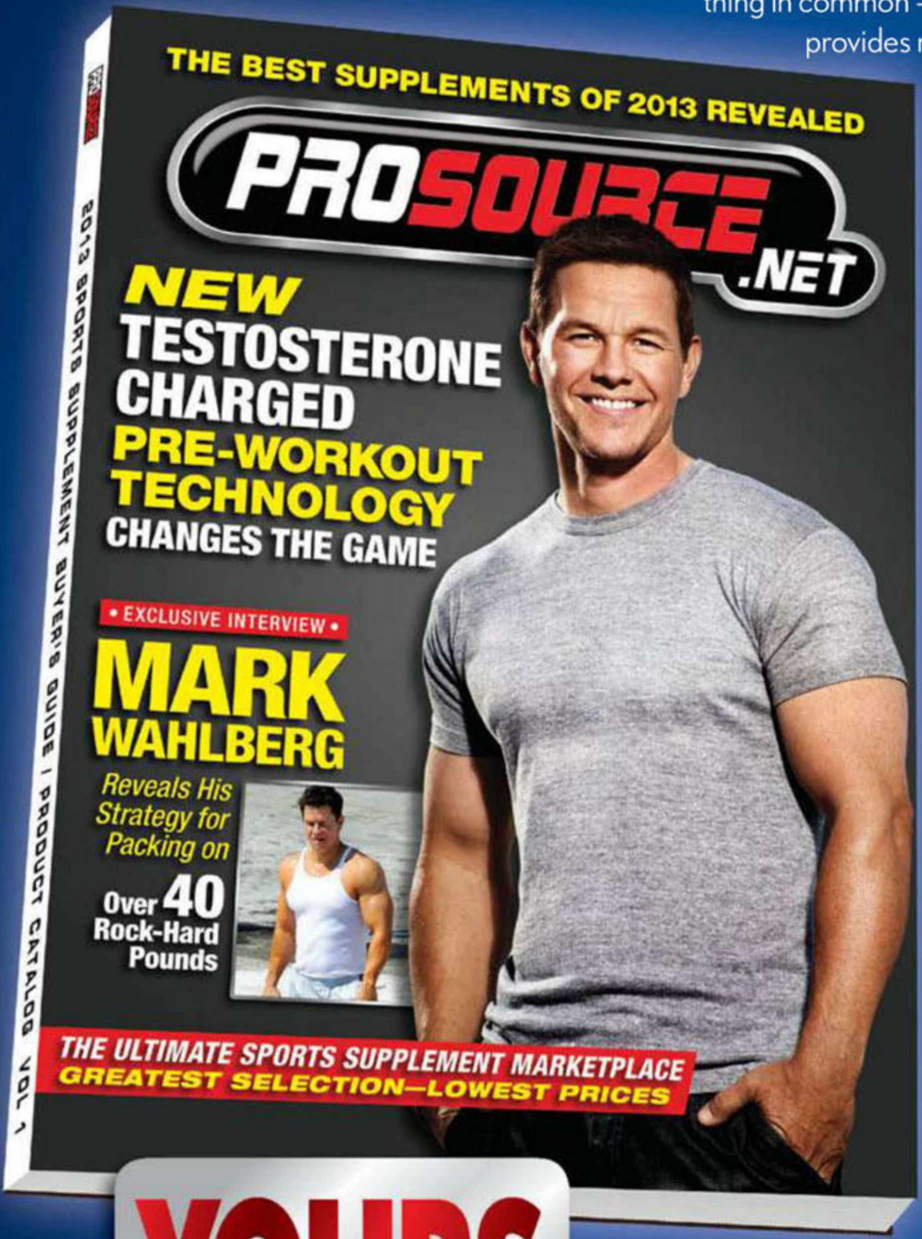
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RENEGADE ROW

Start: Grasp a dumbbell in each hand and get into pushup position with your hands directly below your shoulders and your feet about shoulder width apart.

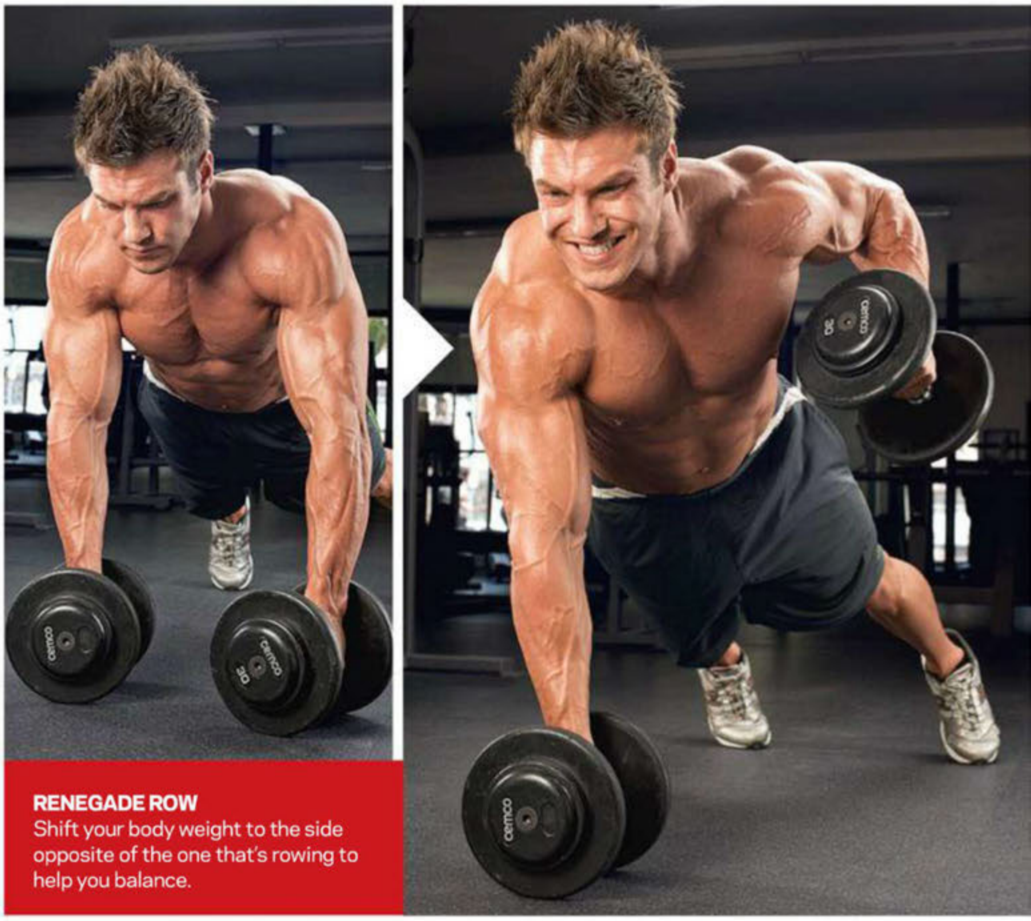
Execution: Balancing yourself on one weight, slowly raise the opposite dumbbell to your side. Lower it back to the floor, then switch arms.

CABLE OVERHEAD TRICEPS EXTENSION

Start: Attach a rope handle to a high-pulley cable. Grasp each end, then turn around so you face away from the machine. Extend your arms overhead with your palms close together and facing each other, and lean slightly forward. Stand with your feet staggered and your knees slightly bent.

Execution: Keeping your upper arms next to your head, bend your elbows and lower your hands as far behind you as possible. Straighten your arms to return to the start position.

20 Minutes: Done



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BONUS MOVES

MONDAY

REVERSE CURL

(30-MINUTE MOVE)

Start: Grasp an EZ-bar or a barbell with an overhand, shoulder width grip. Your arms should hang straight down so the bar rests in front of your thighs.

Execution: Keeping your back straight and your elbows tucked into your sides, slowly curl the bar up in a semicircular motion until the top of your forearms touch your biceps.

EZ-BAR LYING TRICEPS EXTENSION

(40-MINUTE MOVE)

Start: Lie on a bench holding a loaded EZ-bar. Extend your arms above your shoulders, perpendicular to the floor, with your palms facing your feet.

Execution: Keeping your upper arms stationary, slowly bend your elbows and lower the bar to your forehead. Straighten your arms to return to the start position.

WEDNESDAY

CRUCIFIX SHOULDER EXTENSION

(30-MINUTE MOVE)

Start: Standing at a cable crossover station, remove the handles from the low-pulley cables and grasp the plastic balls with your opposite hands so your arms are crossed in front of you. Bend your elbows 90 degrees and raise them so your fists are in line with your face, with your hands approximately a foot apart.

Execution: Externally rotate your shoulders as you extend your arms overhead. Envision raising your arms as if to throw a softball overhead. Rotate and lower your arms back to the start position.

INCLINE HAMMER CURL

(40-MINUTE MOVE)

Start: Set an adjustable incline bench to 20–30 degrees, then lie faceup on it with a dumbbell in each hand. Your arms should hang down slightly behind your torso.

Execution: Curl the weights to the front of your shoulders, then lower.

FRIDAY

CLOSE-GRIP CHIN

(30-MINUTE MOVE)

Start: Grasp an overhead bar or close-grip handle with an underhand or neutral grip. Your hands should be 6–8 inches apart. Hang from the bar with your arms straight and your elbows unlocked.

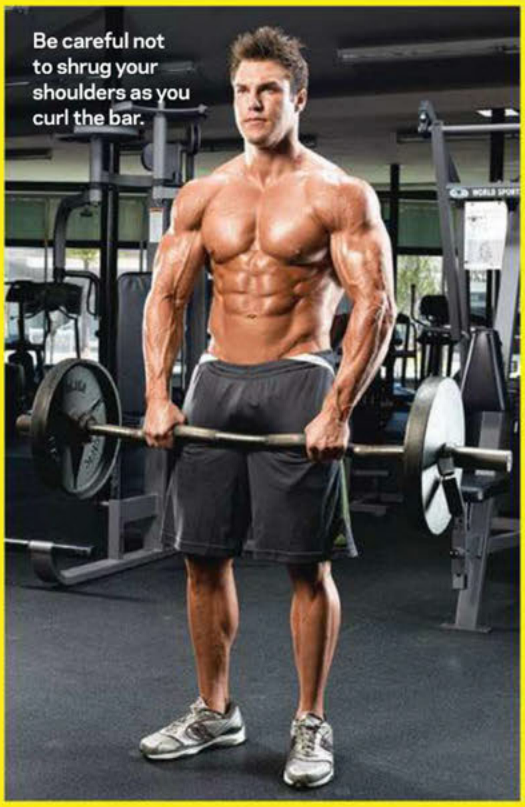
Execution: Slowly pull yourself up until your chin passes the bar, then lower yourself back down until your arms are straight.

BOX JUMP

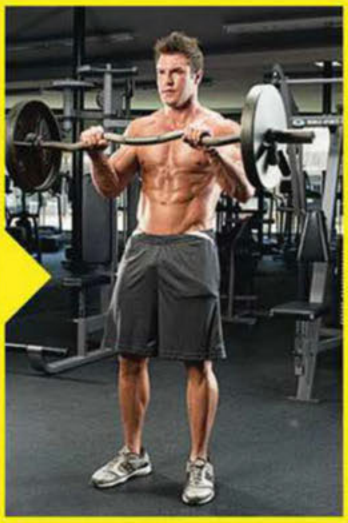
(40-MINUTE MOVE)

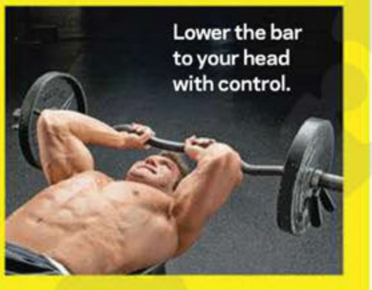
Start: Set up a platform such as a bench that's 18–24 inches high. Stand in front of it with your feet hip width apart, arms bent and fists facing forward.

Execution: Bend your knees and bring your arms behind you. Swing your arms forward to gain momentum as you jump onto the box. Try to land softly. Step off the box—don't jump off—and immediately assume the start position.



Be careful not to shrug your shoulders as you curl the bar.





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CALVES

ATTACK YOUR LOWER LEGS WITH A ROUTINE **THAT'S SURE TO GET THEM GROWING**

BY JOE WUEBBEN

If your calves refuse to grow, it's probably because you're not willing them to do so. Most guys' calves are very stubborn, and if you half-ass your lower-leg workouts—doing a few uninspired sets of calf raises right before you leave the gym a couple of days a week—chances are those stubborn muscles won't budge. To get this body part to respond, you need to train calves frequently (at least three days a week), and you need to feel the burn when you're training them. A calf workout that doesn't illicit pain from start to finish is probably not intense enough. But don't worry—we've got you covered.

THE ROUTINE

You don't need to spend forever training your calves—15 minutes or so three to five days a week should suffice, provided you're lifting with focus and a purpose during that time. The one thing that should always be on your mind is range of motion. Half reps of calves are a waste of time, so go light at first if you need to. Just make sure you feel a stretch at the bottom of each rep; and at the top, get those heels up high so that you're up on your tippy-toes. Arnold Schwarzenegger once said that he tried to reach the *en pointe* position of a ballerina on each and every rep of calf raises. It's a painful position, being up that high on your toes, but that's what you should be trying to achieve.

The following routine takes you through four different exercises with a combination of moderate rep ranges (10-20) and high-rep sets (30 plus). Calves respond well to high reps, but you also need to load them up with weight to spark growth. This workout achieves both extremes. After going through it a few times, add variety by changing the order of exercises (doing standing calf raises before seated, for instance) or swapping rep counts between the different moves. The key is to throw anything and everything you can at your calves to get this stubborn muscle group to cave in and grow.

THE BASICS

- → This routine can be done on its own or at the end of another workout where larger muscle groups (upper or lower body) are being worked.
- → Keep rest periods brief: 30-60 seconds between each set.
- → Perform this workout three days a week, giving your calves at least one day off between workouts. As the muscles become more conditioned, bump it up to four or five days a week, training calves on consecutive days if you like.

SEATED CALF RAISE

Sit on the seat of the machine and adjust the pads so they fit snugly on your lower thighs. Place the balls of your feet and toes on the platform so your heels are suspended. Release the safety catch and begin with your heels below the level of the platform so you feel a stretch in your calves. Extend your ankles to push the pads up as high as you can; you should be almost on your tiptoes at the top. Squeeze your calves, then lower back down.

TIPS

- ***Keep the pads positioned directly over the knees, not farther up on the thighs. This will help you maximize range of motion.***
- ***Keep your torso vertical throughout—resist the urge to lean back as the set gets challenging.***

IAN SPANIER

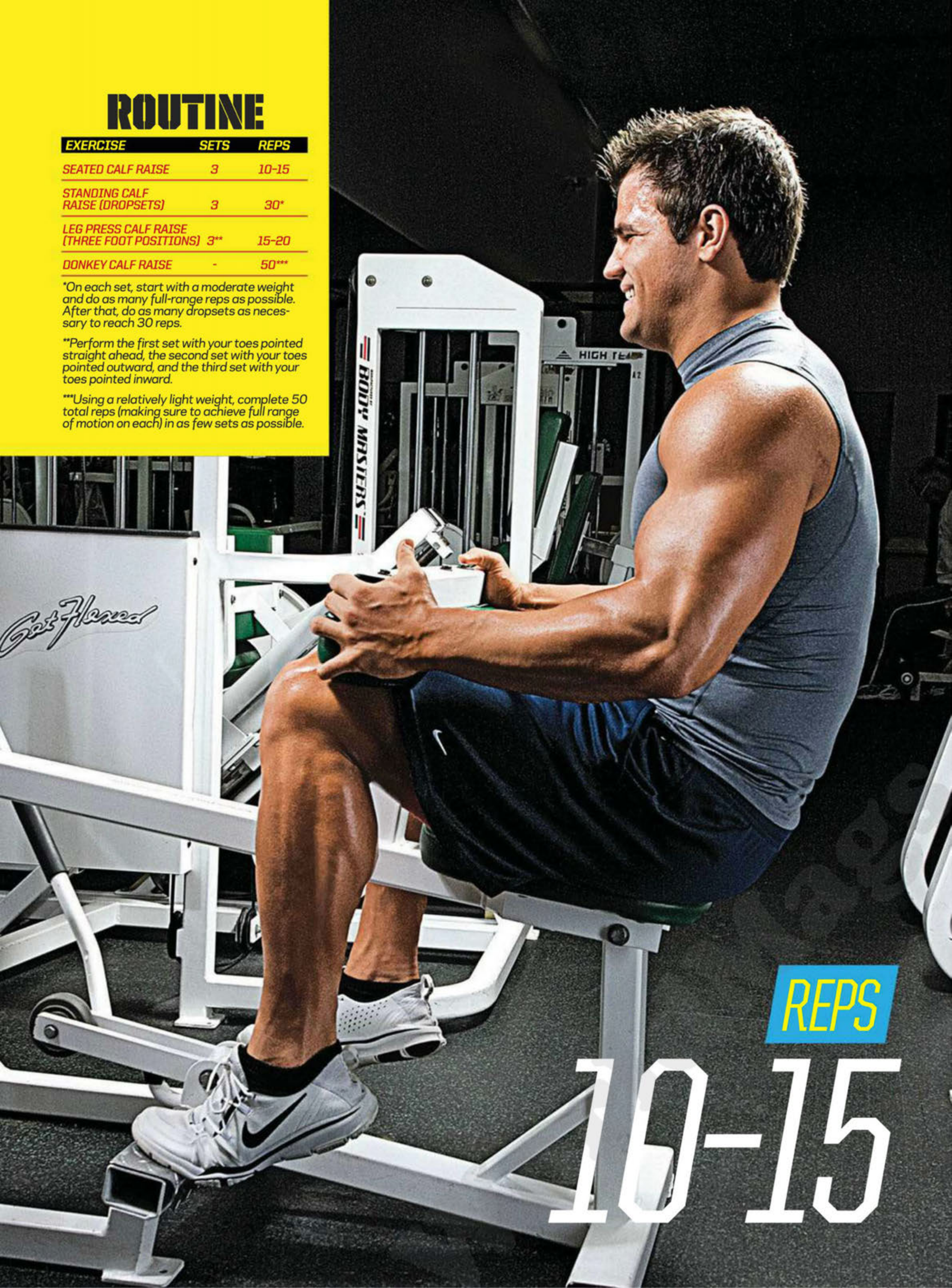
ROUTINE

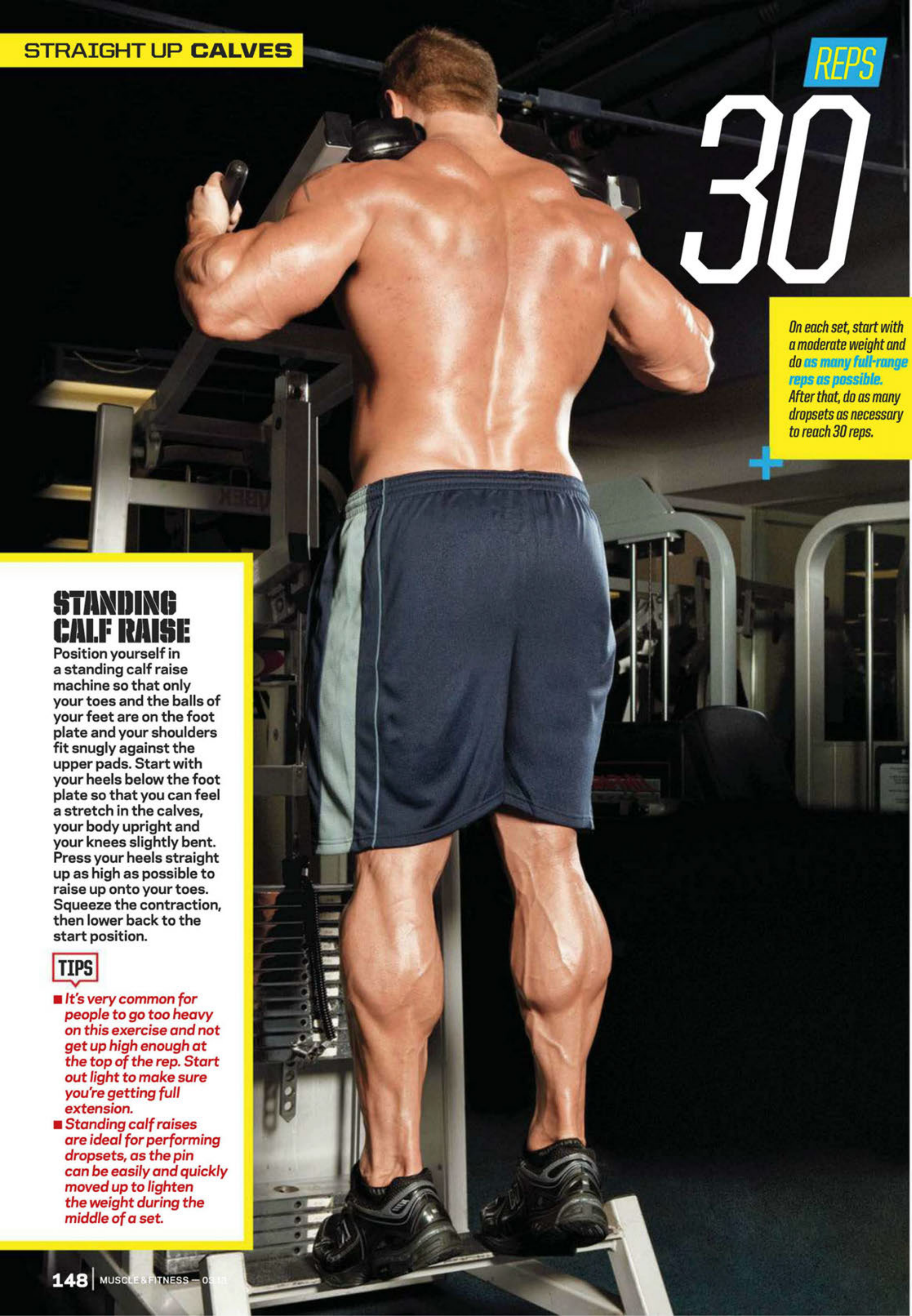
EXERCISE	SETS	REPS
SEATED CALF RAISE	3	10–15
STANDING CALF RAISE (DROPSETS)	3	30*
LEG PRESS CALF RAISE (THREE FOOT POSITIONS)	3**	15–20
DONKEY CALF RAISE	-	50***

*On each set, start with a moderate weight and do as many full-range reps as possible. After that, do as many dropsets as necessary to reach 30 reps.

**Perform the first set with your toes pointed straight ahead, the second set with your toes pointed outward, and the third set with your toes pointed inward.

***Using a relatively light weight, complete 50 total reps (making sure to achieve full range of motion on each) in as few sets as possible.





REPS

30

On each set, start with a moderate weight and do ***as many full-range reps as possible.*** *After that, do as many dropsets as necessary to reach 30 reps.*

STANDING CALF RAISE

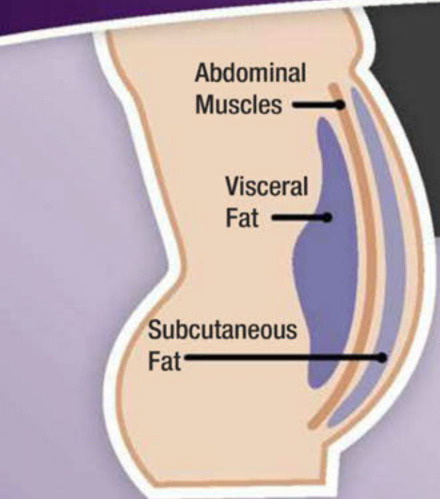
Position yourself in a standing calf raise machine so that only your toes and the balls of your feet are on the foot plate and your shoulders fit snugly against the upper pads. Start with your heels below the foot plate so that you can feel a stretch in the calves, your body upright and your knees slightly bent. Press your heels straight up as high as possible to raise up onto your toes. Squeeze the contraction, then lower back to the start position.

TIPS

- ***It's very common for people to go too heavy on this exercise and not get up high enough at the top of the rep. Start out light to make sure you're getting full extension.***
- ***Standing calf raises are ideal for performing dropsets, as the pin can be easily and quickly moved up to lighten the weight during the middle of a set.***

MATT SALACUSE

ARE YOU TARGETING THE WRONG FAT?



Did You Know There Are Two Kinds Of Fat?

1. Visceral Fat – Fat that covers your organs. Its primary function is organ protection.
2. Subcutaneous fat – Fat that covers your muscles. Excess subcutaneous fat makes you look soft, smooth & bloated.

When it comes to improving how you look, subcutaneous fat is of primary concern because it is the fat that's just below your skin. It covers your abs and hides your muscles…

How much subcutaneous fat you have means the difference between looking shredded or looking like you own stock in a donut house.

Why Is The Last Place To Lose Fat The First Place To Gain Fat?

It doesn't seem fair, but unfortunately it's true...It may be your stomach, love handles, or thighs… Fat sticks to these areas like Super Glue® and hangs on for dear life... Why does this happen?

Your Body Fat is Being Held Hostage

It's called the Alpha-2 receptor – and, if fat loss is your goal - it's your absolute *worst* enemy…

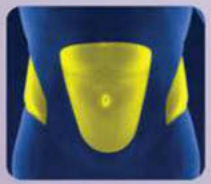
If the Alpha-2 receptor wants you to store fat, you're going to store fat – and lots of it – in the worst possible places …

The Alpha-2 receptor is responsible for inhibiting lipolysis - which basically means it allows the body to store fat AND prevents the body from burning fat...

In Other Words, The Alpha–2 Receptor Is Holding Your Fat Hostage & Refusing To Let Go!

As you can see in the picture (below), the Alpha-2 receptor is abundant in abdominals and love handles – precisely where you don't want it to be! It's the technical term for "trouble spots".

When the Alpha-2 receptor is activated, these areas are in "lock-down" - unable to burn fat and storing it like a bear preparing for hibernation...A key compound in OxyElite Pro has been shown to block off the Alpha-2 receptor.



OxyELITE Pro
Super Thermogenic
University Studied
DIETARY SUPPLEMENT

OxyELITE Pro® Original Formula

- Subject of **3 Peer-Reviewed Published** University Studies! [1-3]
- Clinical study shows **increases in metabolic rate & fat burn!** [1]
- Clinical study participants noted **appetite suppression** effects! [3]
- The original LEGEND still available.

OxyELITE Pro
Super Thermo
Scientifically Reviewed
DIETARY SUPPLEMENT

OxyELITE Pro® Purple Top

New formula benefits based on animal and in vitro research:

- **"The Exercise Stim"** activates key fat burning/anti-catabolic receptor while increasing vasodilation! No other compound in existence is known to have all three of these features!
- **Triple "plus" fat-burning pathway targeting** Beta-2 & Alpha-2 receptor (i.e. trouble spots) with additional PKA & T3/T4 targeting to enhance experience!
- No DMAA

OxyELITE Pro is designed to be used in conjunction with proper nutrition and exercise.

1.Nutrition and Metabolic Insights 2012:5 23–31, 2. Nutrition and Metabolic Insights 2012:5 1–12, 3. Nutrition and Metabolic Insights 2012:5 13–22
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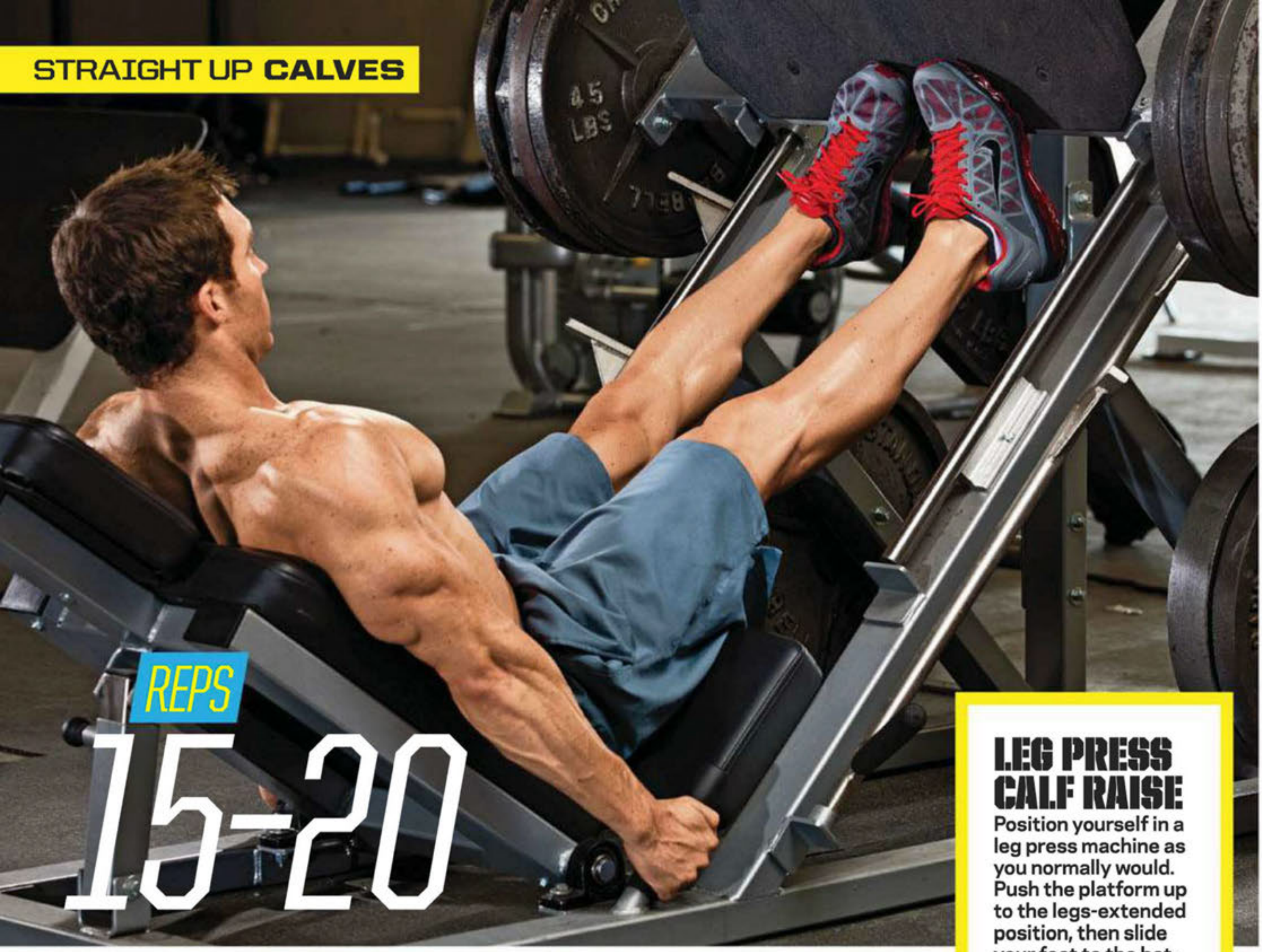
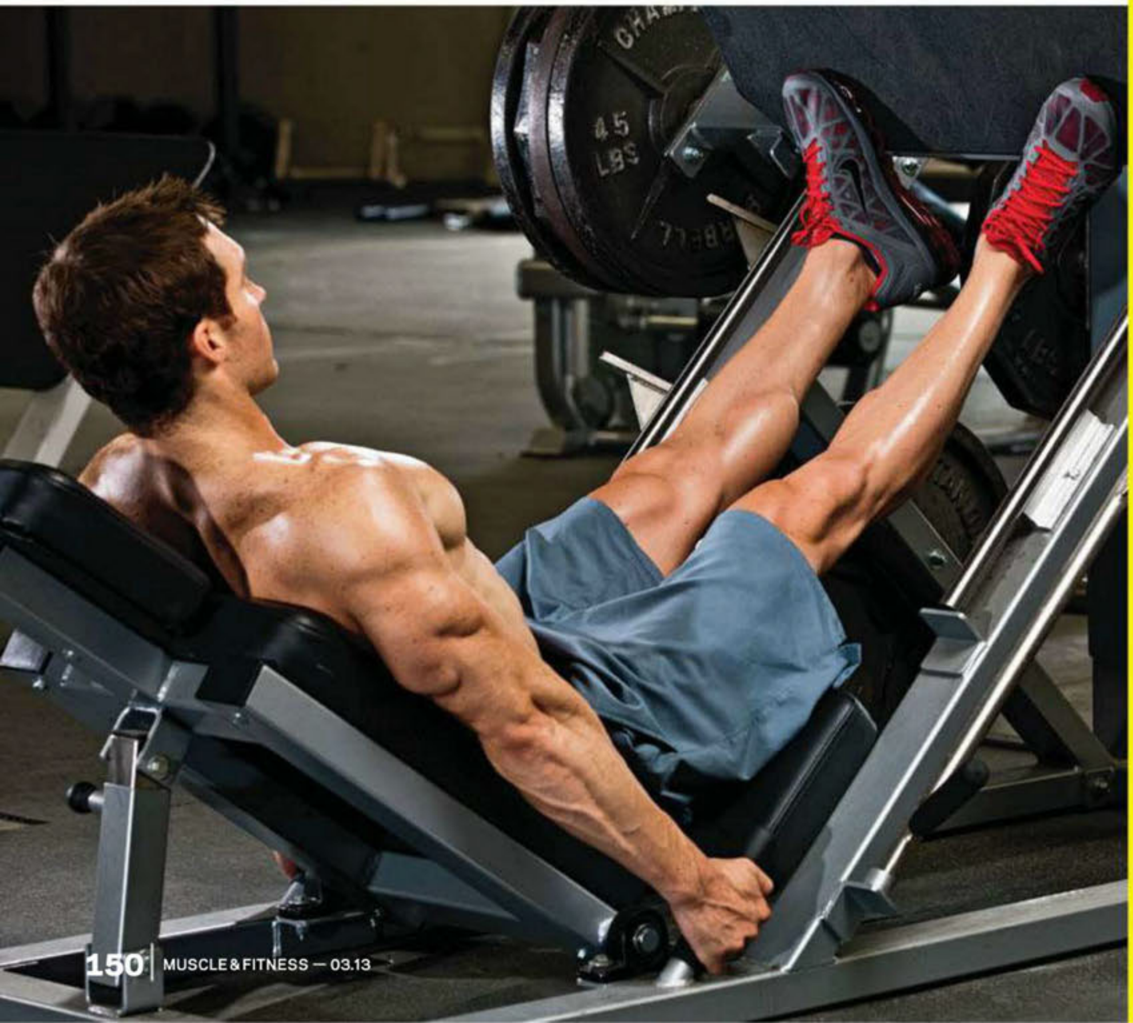


REPS

15-20



LEG PRESS CALF RAISE

Position yourself in a leg press machine as you normally would. Push the platform up to the legs-extended position, then slide your feet to the bottom of it so your heels hang off. (As a precaution, don't release the machine's safety rods; you won't lower the platform far enough to need to do so.) Start with your ankles flexed so you can feel a stretch in your calves, then press the weight up as high as you can by extending the ankles. Hold at the top, then lower the weight back down.

TIPS

- ***Perform your second set with your toes pointed out to target the inner calves, and do the last set with your toes pointed in to target the outer calves.***
- ***If you're having trouble completing full range of motion on your last couple of reps, lightly press against your knees with your hands to get the weight up.***

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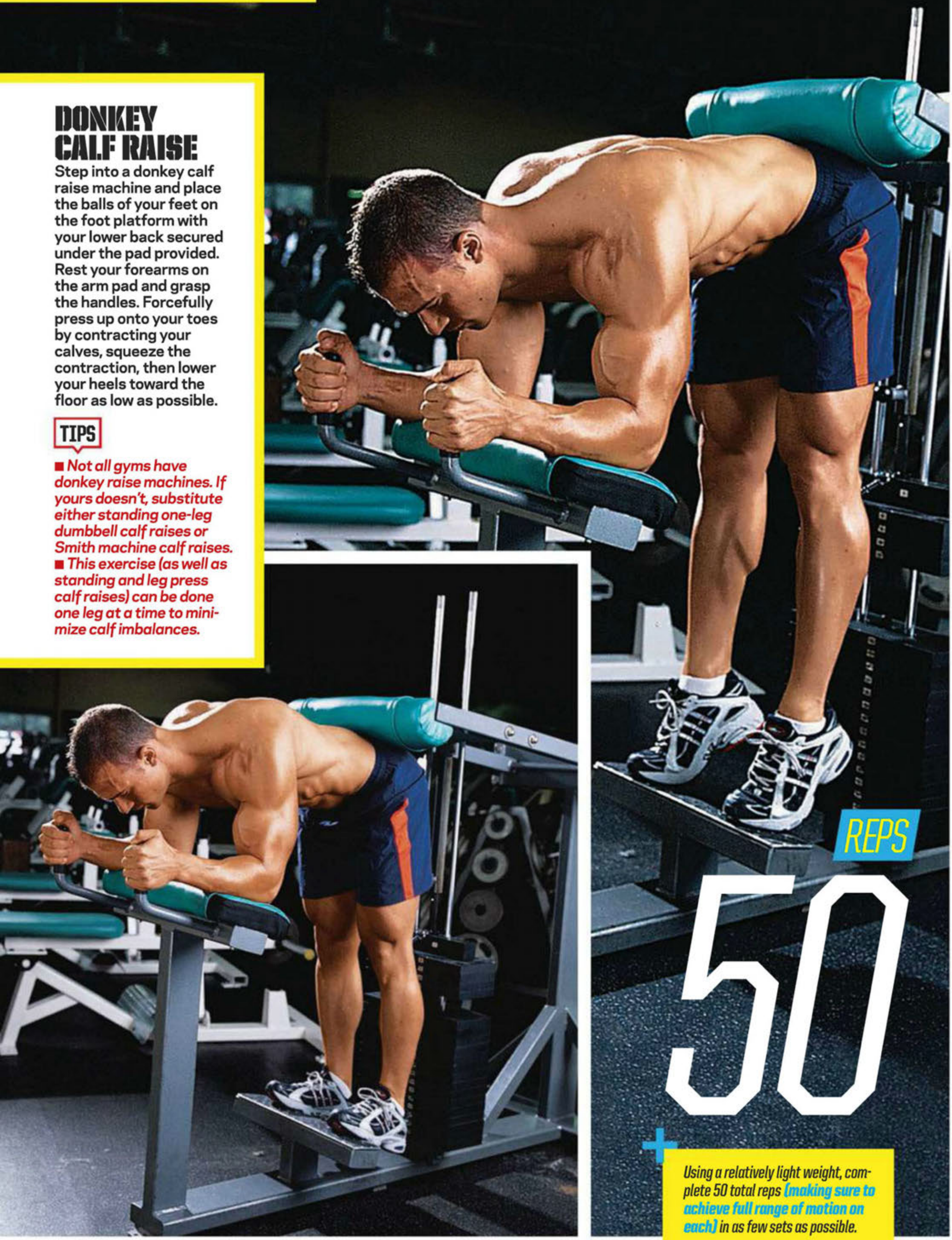
*Planet Muscle & Bodybuilding, October 2011, "Best Tasting Chocolate Protein."

DONKEY CALF RAISE

Step into a donkey calf raise machine and place the balls of your feet on the foot platform with your lower back secured under the pad provided. Rest your forearms on the arm pad and grasp the handles. Forcefully press up onto your toes by contracting your calves, squeeze the contraction, then lower your heels toward the floor as low as possible.

TIPS

- *Not all gyms have donkey raise machines. If yours doesn't, substitute either standing one-leg dumbbell calf raises or Smith machine calf raises.*
- *This exercise (as well as standing and leg press calf raises) can be done one leg at a time to minimize calf imbalances.*



REPS

50

*Using a relatively light weight, complete 50 total reps **(making sure to achieve full range of motion on each)** in as few sets as possible.*

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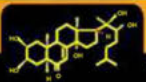

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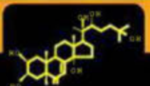

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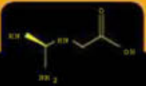

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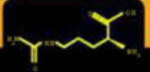

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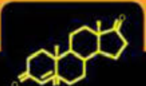

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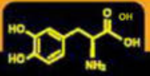

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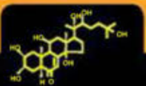

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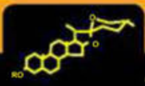

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WEEK	D-Bol	Anodrol	Test Sus.
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2	2 / Day	4cc / Day	
3	2 / Day		4cc / Day
4	2 / Day		4cc / Day
5	2 / Day	4cc / Day	
6	2 / Day	4cc / Day	
7	2 / Day		4cc / Day
8	2 / Day		4cc / Day

*EXPECTED RESULTS: Intermediate gains in muscle mass, strength, density and volume.

8 Week Blitz Cycle Before & After Photos

Individual results may vary

Week 1

Week 8

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WEEK	D-Bol	Anodrol	Test Sus.	Equidren	Master.	Winni-V	HC	Omifen
1	2 / Day	4cc / Day				†		
2	2 / Day	4cc / Day				†		
3	2 / Day	4cc / Day				†	††	
4	2 / Day	4cc / Day				†	††	
5			4cc / Day	3 / Day		†	††	
6			4cc / Day	3 / Day	3 / Day	†	††	
7			4cc / Day	2 / Day	3 / Day	†	††	
8			4cc / Day		2 / Day	†	††	
9							††	4 / Day
10							††	4 / Day

*EXPECTED RESULTS: Intermediate gains in muscle mass, strength, definition and hardness.

† Winni-V is taken 1 tablet prior to working out only.

†† Somotroph HC is to be taken nightly using 1 dropperful.

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14 WEEK INTRINSIC FORM MASS CYCLE

WEEK	D-Bol	Anodrol	Test Sus.	Winni-V	Omifen
1	4 / Day	4cc / Day		†	
2	4 / Day	4cc / Day		†	
3	4 / Day	4cc / Day		†	
4	4 / Day	4cc / Day		†	
5	4 / Day	4cc / Day		†	
6	4 / Day	4cc / Day		†	
7	4 / Day	4cc / Day		†	
8	4 / Day	4cc / Day		†	
9		4cc / Day	4cc / Day	†	
10		4cc / Day	4cc / Day	†	
11		4cc / Day	4cc / Day	†	
12		4cc / Day	4cc / Day	†	
13					4 / Day
14					4 / Day

*EXPECTED RESULTS: Advanced gains in muscle mass, strength, density and volume.

† Winni-V is taken 1 tablet prior to working out only.

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14 WEEK PRECISION FORM PEAKING CYCLE

WEEK	D-Bol	Anodrol	Test Sus.	Equidren	Master.	Winni-V	HC	Omifen
1	2 / Day	4cc / Day				†		
2	2 / Day	4cc / Day				†		
3	2 / Day	4cc / Day				†		
4	3 / Day	4cc / Day				†		
5	3 / Day	4cc / Day				†		
6	3 / Day	4cc / Day				†		
7	4 / Day	4cc / Day				†	††	
8	4 / Day	4cc / Day				†	††	
9	2 / Day		4cc / Day	3 / Day		†	††	
10			4cc / Day	3 / Day	3 / Day	†	††	
11			4cc / Day	2 / Day	3 / Day	†	††	
12			4cc / Day		2 / Day	†	††	3 / Day
13							††	3 / Day
14							††	3 / Day

*EXPECTED RESULTS: Advanced gains in muscle mass, strength, definition and hardness.

† Winni-V is taken 1 tablet prior to working out only.

†† Somotroph HC is to be taken nightly using 1 dropperful.

REAL TESTIMONIALS:

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Dear SDI-LABS,
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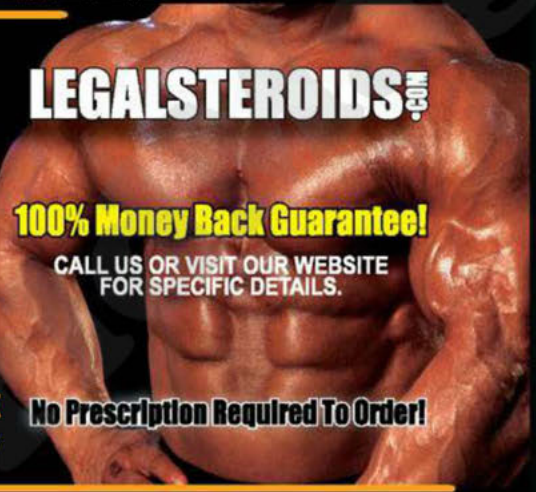
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LEGAL NOTICE

If you purchased certain Optimum Nutrition Products containing Aminogen®, you could receive compensation from a Class Action Settlement.

This notice explains that the Court has certified a class action lawsuit that may affect you and that a Settlement has been proposed in the lawsuit. The lawsuit is titled Kelly Attlesey et al. v. Optimum Nutrition, Inc. and involves certain Optimum Nutrition products that contain the ingredient Aminogen®, including Gold Standard 100% Whey, Gold Standard 100% Casein, Gold Standard 100% Egg, Platinum Hydrowhey, Nitrocore 24, Whey Gold Meal, After Max, and Pro Complex sold in the United States between January 1, 2008 and November 16, 2012 (the "Covered Products").

What Is the Lawsuit About?

The lawsuit claims that some of the advertising and product labels for the Covered Products contain unsubstantiated or misleading statements regarding the ingredient Aminogen®, a digestive enzyme contained in the Covered Products. Optimum denies all allegations of wrongdoing and liability asserted in the Lawsuit. The Court has made no determination that any of the allegations are true, and has made no finding of liability or wrongdoing. The lawsuit does not claim that the Covered Products are not efficacious or are unsafe.

Am I a Member of the Class?

You are a member of the class if you purchased for personal consumption, and not for re-sale, one or more containers of the Covered Products, in the United States, its territories, or any U.S. Military facility or exchange between January 1, 2008 and November 16, 2012. Optimum's officers, directors, and employees, and any individual who received remuneration from Optimum to act as an endorser of the Covered Products are excluded from the class.

What Does the Settlement Provide?

Purchasers of the Covered Products in the United States between January 1, 2008 and November 16, 2012 may receive partial monetary refunds for their purchases. In addition, the Settlement provides that Defendant will make certain changes to the labeling and advertising related to the ingredient Aminogen® contained in the Covered Products.

How Much Compensation Can I Get?

Each Settlement Class Member who makes a valid claim will be entitled to reimbursement as follows: $16.00 for each unit of Covered Products purchased during the class period, up to a maximum of 3 units per household. Settlement Class Members may submit a Claim by completing and submitting a Claim Form to the Settlement Administrator. Claim Forms may be obtained at www.EnzymeSettlement.com. Claim Forms must be postmarked or electronically submitted no later than **May 28, 2013** to be valid.

What Are My Options?

- File a Claim. You must remain in the Class to file a claim. You will be bound by the Court's rulings, but you can object to the Settlement. By remaining in the Class, you will release claims against the Defendant and other Discharged Parties as outlined in the Settlement Agreement, available as described below. Please read the Release carefully, as it affects your legal rights.
- Do nothing. If you do nothing, you will remain in the class and will be bound by the Court's rulings and the release of claims under the Settlement Agreement.
- Exclude yourself and keep your right to sue the Defendant. You may request to exclude yourself from the class. To request exclusion, you must mail your request, including your name, address and telephone number to the Settlement Administrator, no later than **April 28, 2013**.
- Object to the Settlement and/or appear in Court, only if you remain in the Class. You may hire your own attorney for these purposes, but you do not have to. Your written request must be postmarked and filed with the Court by **April 28, 2013**.

Details on how to file a claim, exclude yourself, object or appear in the case are available at the Website, address or phone number listed below. The Court will decide whether to approve the Settlement at the Fairness Hearing on **June 27, 2013 at 1:45 p.m.**

This Notice is a Summary only. To get additional information, including a copy of the Detailed Notice, Settlement Agreement and Claim Form, visit: www.EnzymeSettlement.com; call: 1-877-271-1494; or write: Enzyme Settlement Administrator, PO Box 4129, Portland, OR 97208-4129.

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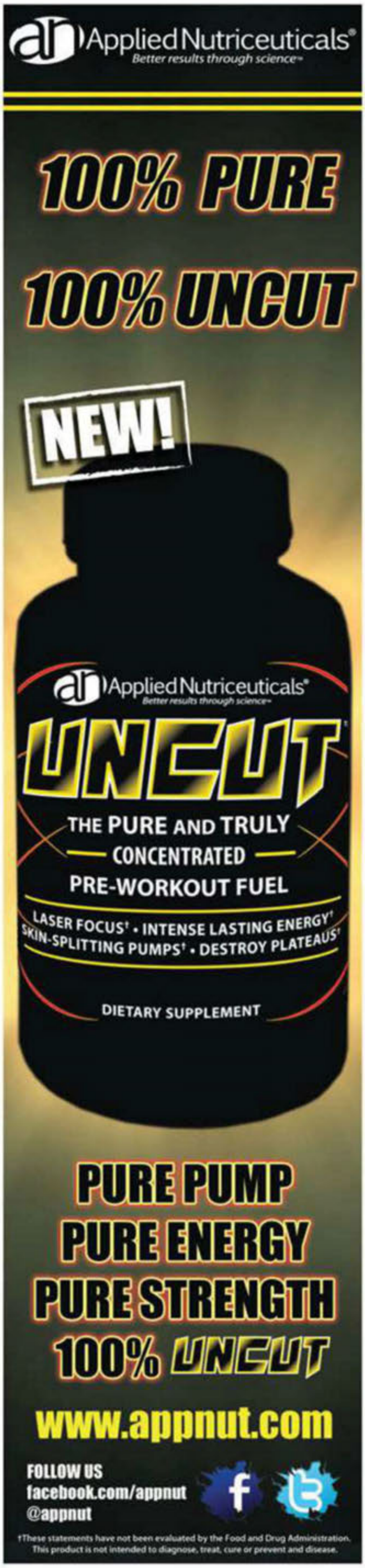

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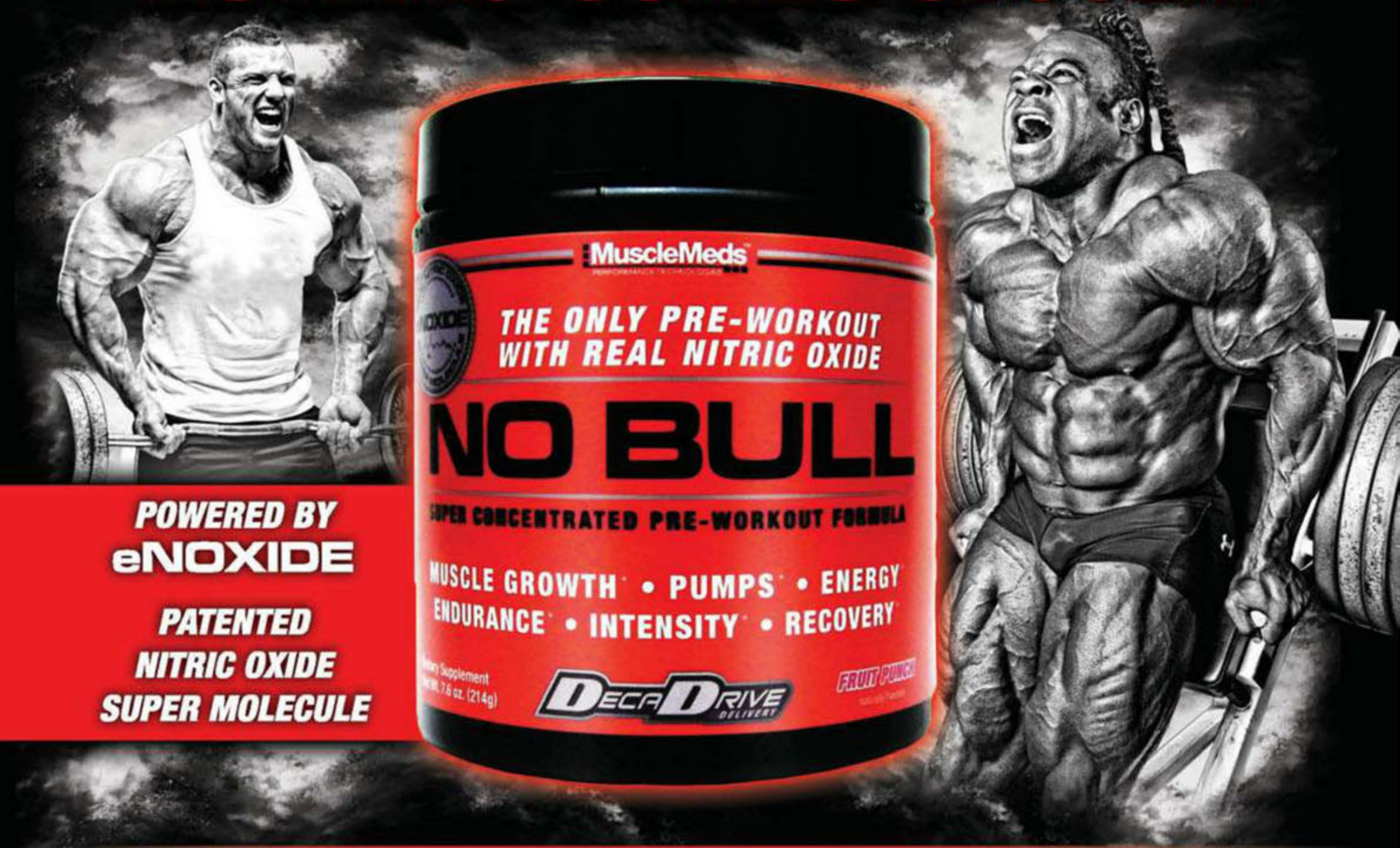
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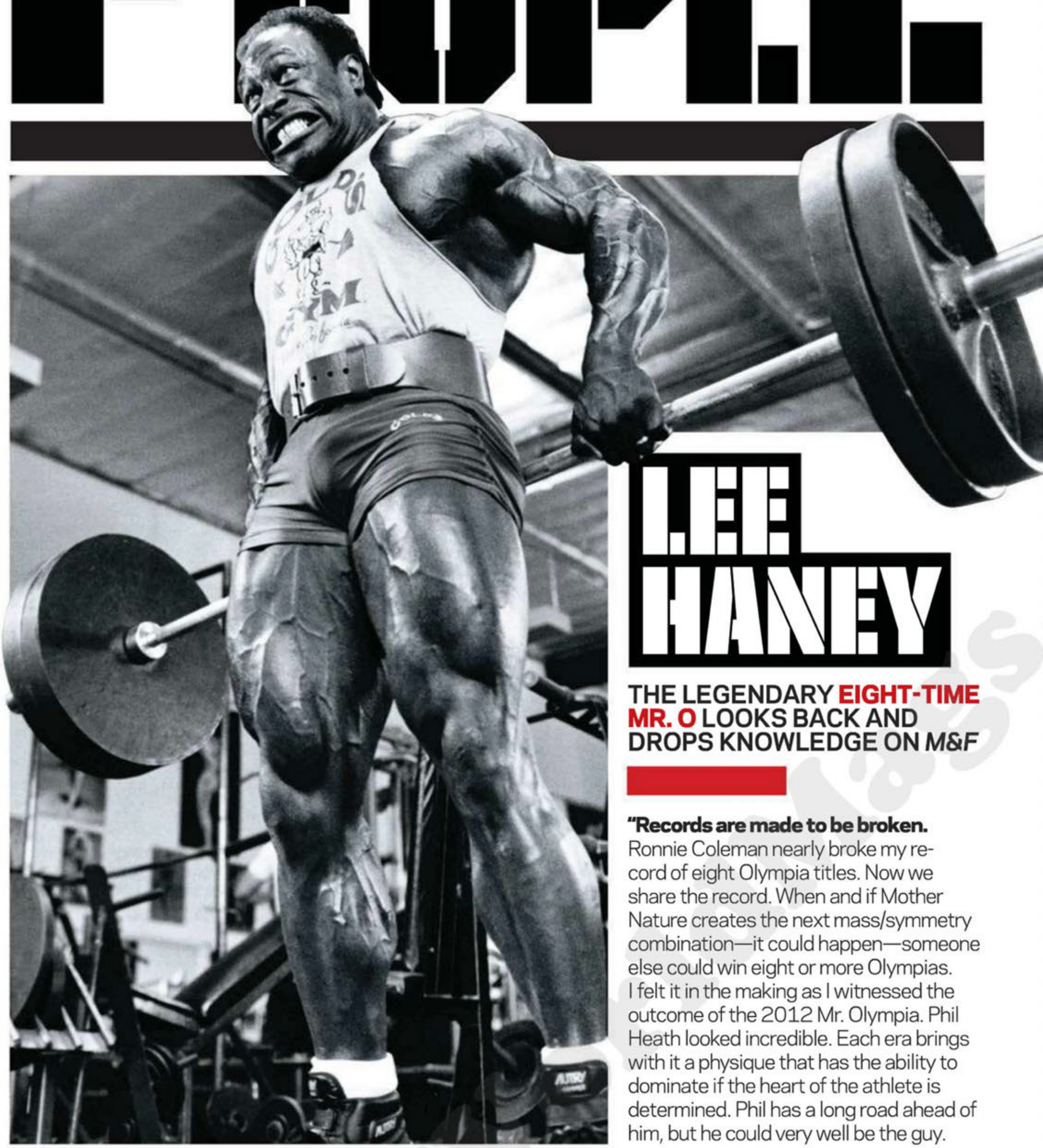

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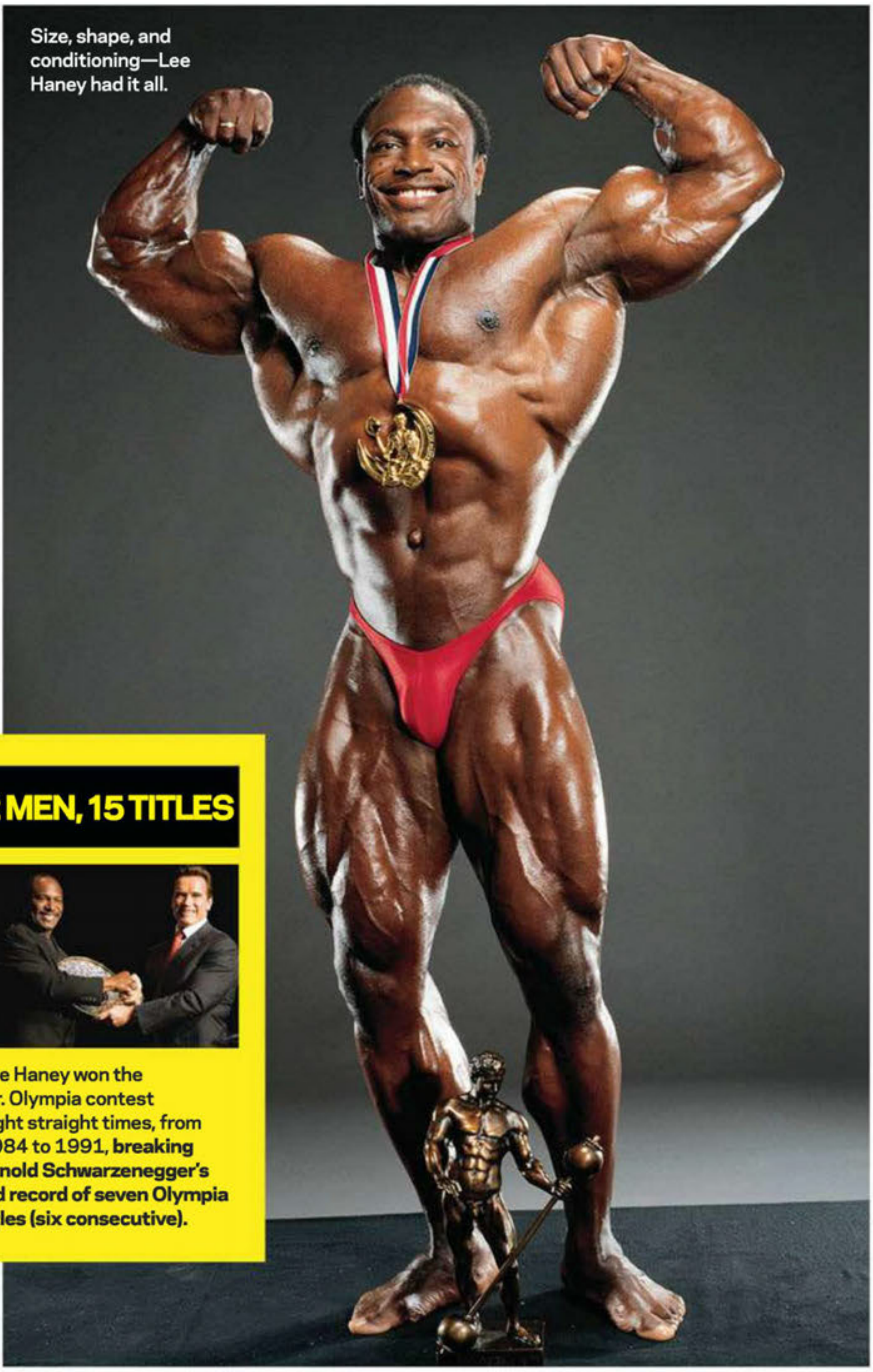
"Records are made to be broken. Ronnie Coleman nearly broke my record of eight Olympia titles. Now we share the record. When and if Mother Nature creates the next mass/symmetry combination—it could happen—someone else could win eight or more Olympias. I felt it in the making as I witnessed the outcome of the 2012 Mr. Olympia. Phil Heath looked incredible. Each era brings with it a physique that has the ability to dominate if the heart of the athlete is determined. Phil has a long road ahead of him, but he could very well be the guy.

Continued ▶

"Keeping my dietary fat low was always the goal. This allowed me to keep my carbs high without worrying about them causing problems when I decided to tune in for competition. My motto was, 'Can't flex it, don't carry it.' In retrospect, I think it worked well because overall, the calories were right where they needed to be to build and maintain muscle. The dietary fat might have been too low, but the extra carbs more than made up for it.

"'Stimulate, don't annihilate' became a saying I was known for. I used it to warn athletes about overtraining. A lot of us feel that more is better. But this type of thinking can cause injuries. Athletes have to learn when enough is enough. That's where the mind-muscle connection is needed. It's really very simple—when the pump has peaked, the workout is over for that particular body part. Throw away your note pad calling for 20 more sets.


Size, shape, and conditioning—Lee Haney had it all.

"Intensity is always important, but a proper training system rooted in real science is the foundation you need in order to grow properly and without injuries. Then, if you can consistently apply intensity to that scientific foundation, that's where the magic really happens. But if you put intensity first, it causes problems. If you incur a shoulder injury because you got ahead of yourself on a bench-press day, you won't be able to bench for a while. And it won't just affect the bench or shoulder press. Other exercises are going to be too painful to perform, so your whole upper body is going to suffer and then your proportions will get out of whack. That's why another saying I tried to live by is, 'Everything is connected to everything.'

"I remember when I was getting ready for the 1991 Olympia and I changed my arm routine. To be truthful, I took a lesson from my own teaching: I backed off the sets and reps I'd used in previous competitions. After the contest, people said I had the best arms for that show that I had ever presented. I hadn't annihilated my arms, and they had responded by getting into the best condition they'd ever been in.

"I would call my training method for maximum growth 'controlled-failure sets,' which I would do during the last two sets for each exercise. If you look at my workout, it's nothing crazy in terms of sets or reps, but I used heavy weight for the sets I had written in."

2 MEN, 15 TITLES

Lee Haney won the Mr. Olympia contest eight straight times, from 1984 to 1991, **breaking Arnold Schwarzenegger's old record of seven Olympia titles (six consecutive).**

Haney's Arm Workout

The following routine is the arm workout Lee Haney used to prepare for the 1991 Olympia, where he presented the best arms of his career.

HANEY'S ROUTINE

EXERCISE	SETS	REPS
Barbell Curl	4	8–10
Incline DB Curl	4	8–10
Concentration Curl	4	8–10
Rope Pushdown	4	12
Skull Crusher w/EZ-bar	4	6–8
One-arm DB Overhead Extension	3–4	8–10

For more info about Lee Haney products and the International Association of Fitness Sciences, visit leehaney.com

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	Ingredient Amounts Fully Disclosed	Creatine HCl (2-Scoop Serving)	Fenugreek Extract	Servings Per Container (1-Scoop Serving)	What You Should Know
CreaCore	**YES**	**3500mg** (Over 2x More Potent)	**900mg**	**80**	CreaCore is formulated with a precise ratio of creatine and fenugreek extract (3500mg:900mg) that is shown in a 2011 clinical study to help subjects increase their bench press one-rep max, leg press one-rep max and lean mass – all without having to add extra carbohydrates.
Competitor #1	**YES**	**1500mg**	**NO**	**48**	Recommends a "micro-dosing" protocol that can have you taking up to 4 scoops a day.

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BY MATT TUTHILL

MONICA WINN

WHEY PROTEIN ISOLATE
ISOFLEX

THIS LOVELY BIKINI COMPETITOR SAYS THERE'S A FINE LINE BETWEEN FITNESS FANATIC AND SELF-OBSESSED, AND SHE BEGS YOU NOT TO CROSS IT

***M&F:* You say you weren't just heavy as a kid, but obese. How did it happen?**

MW: My mom made a lot of Italian food, and we didn't understand nutrition. You start getting a little chunky, and then before you know it, a little chunky becomes fat, and then fat turns into major name calling. I was taunted by classmates from elementary school until seventh grade when I started to grow into my weight. Once that happened, I was determined to never go back.

Besides the name calling, how did it affect your life?

I was so unathletic as a kid that I would use every excuse not to participate in gym class. I would forge notes from my parents to say that I wasn't feeling well. If there was a sport I was really bad at that I knew they were going to play, I would fake being sick so I could stay home. It was awful. Once I finally discovered the gym, I got in and never left.

What qualities should every guy have?

Being in good physical condition is a must. Being hardworking, unafraid to get your hands dirty, and handy around the house is a huge turn-on, too. A man should be romantic but not over the top. I don't need a Hallmark celebration. We don't need to celebrate Valentine's Day. Just show the love all year-round.

What should he never do?

Don't approach me in the gym. I'm there to work. And don't stare at yourself! When a guy is constantly admiring himself in the mirror—that just speaks volumes about his character. It's pure arrogance.

HEIGHT	WEIGHT	AGE	MEASUREMENTS	RESIDENCE	WEBSITE	TWITTER
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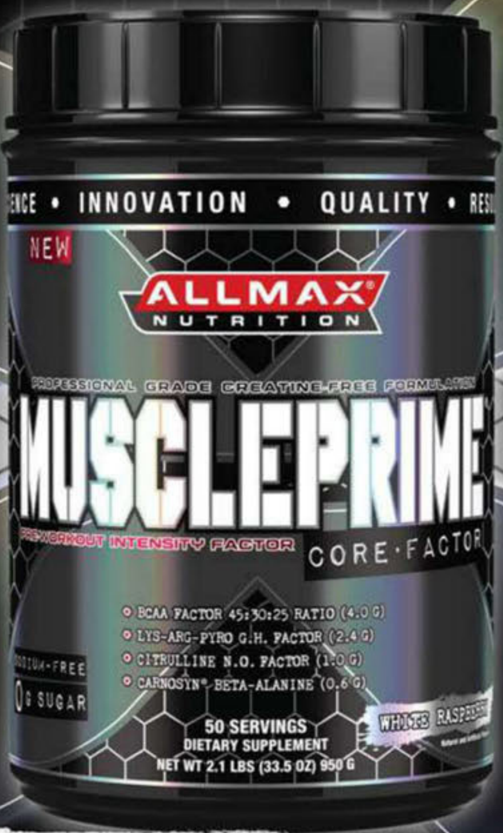
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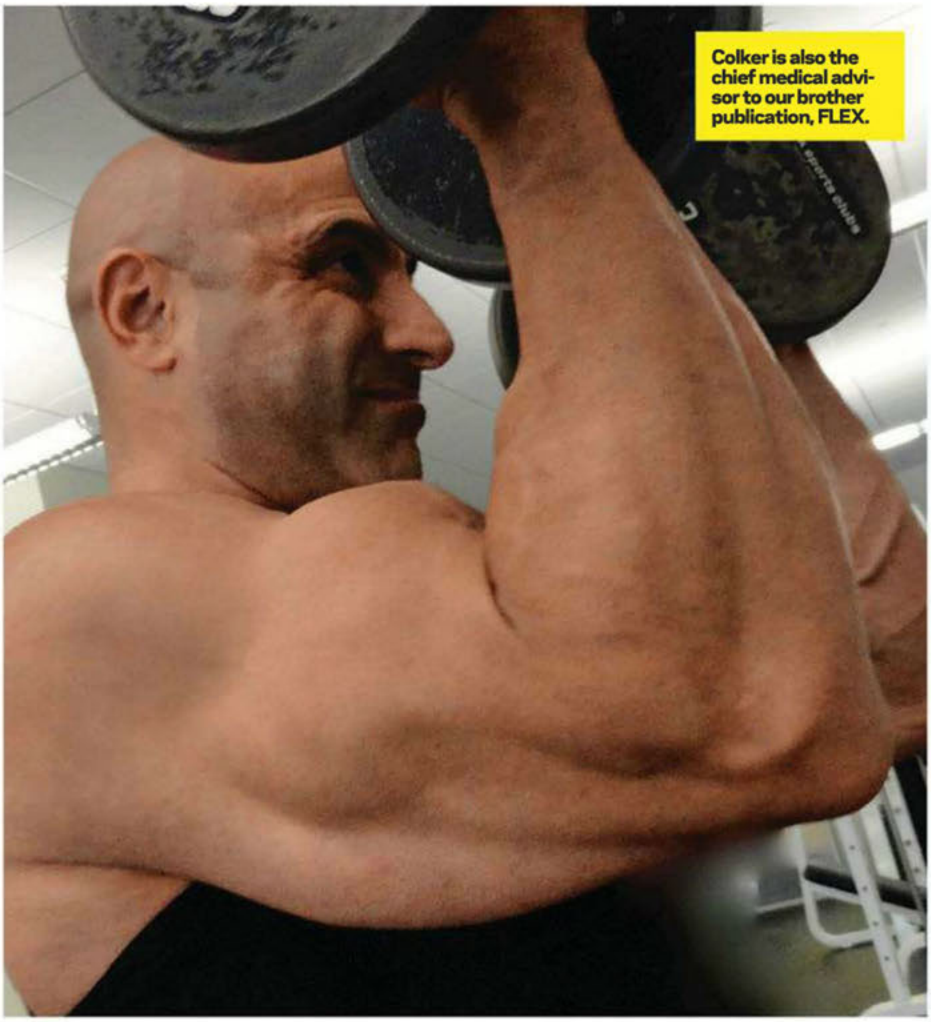

Colker is also the chief medical advisor to our brother publication, FLEX.

THE GOOD DOCTOR SHARES HIS PRESCRIPTION FOR BUILDING MUSCLE

BY IAN COHEN

Few people on this planet have competed for bodybuilding and powerlifting titles and also hold a medical degree, so when we got the chance to pick the brain of one of them, we jumped on it. As an internationally recognized health and fitness specialist, Carlon M. Colker, M.D., has been at the forefront of the training and dietary supplement industries over the past 25 years. From working with four-time NBA champion Shaquille O'Neal and UFC champions like Quinton "Rampage" Jackson to tennis Grand Slam legend Andre Agassi, he's helped the world's top athletes excel.

***M&F*: What are some of the difficulties you faced as a bodybuilder?**

CC: It was a good experience, but not very pleasurable around contest time. It's extremely difficult to develop so much muscle with so little body fat. Obviously, your body is not in a natural state during this time, and it can really get into that peak shape for only a few hours. It's a painful process, but this form of personal deconstruction can also be incredibly cleansing and spiritual. It's very Zen-like. Today, however, I train primarily for health and functionality.

What big changes do you see coming in the supplement industry?

Myostatin is a compelling field that I've been highly involved with lately. I'm currently working with MHP on their myostatin inhibitor, Myo-X. When it comes to adding muscle, this product is something that really works.

What is myostatin, and what is its role in the development of muscle?

Myostatin is a protein everyone has. It inhibits muscle growth in order to keep it within a certain limit. There are some humans, however, like bodybuilding legend Flex Wheeler, and some animals, like the Belgian Blue Bull, who have myostatin-deficient receptors, which enable them to dramatically increase muscle size (that otherwise would not have been possible) by blocking the myostatin gene. With a myostatin-inhibiting product like Myo-X, along with proper training and nutrition, the body is free to potentially add significantly more muscle mass.

What's your philosophy on diet when it comes to maximizing results?

Most credible diets have something to offer. We can learn a little from each. But, if there's one take-home point, it's go to sleep hungry. Stop eating around 4 p.m. on most days of the week. I like to go by the adage, breakfast like a king, lunch like a prince, and dinner like a pauper. Animal and human studies support the idea that going to sleep on an empty or light stomach promotes health and longevity.

REACHING YOUR PEAK

Colker is the president and owner of Peak Wellness in Greenwich, CT. Learn more at ***peakwellness.com.***

COURTESY CARLON COLKER

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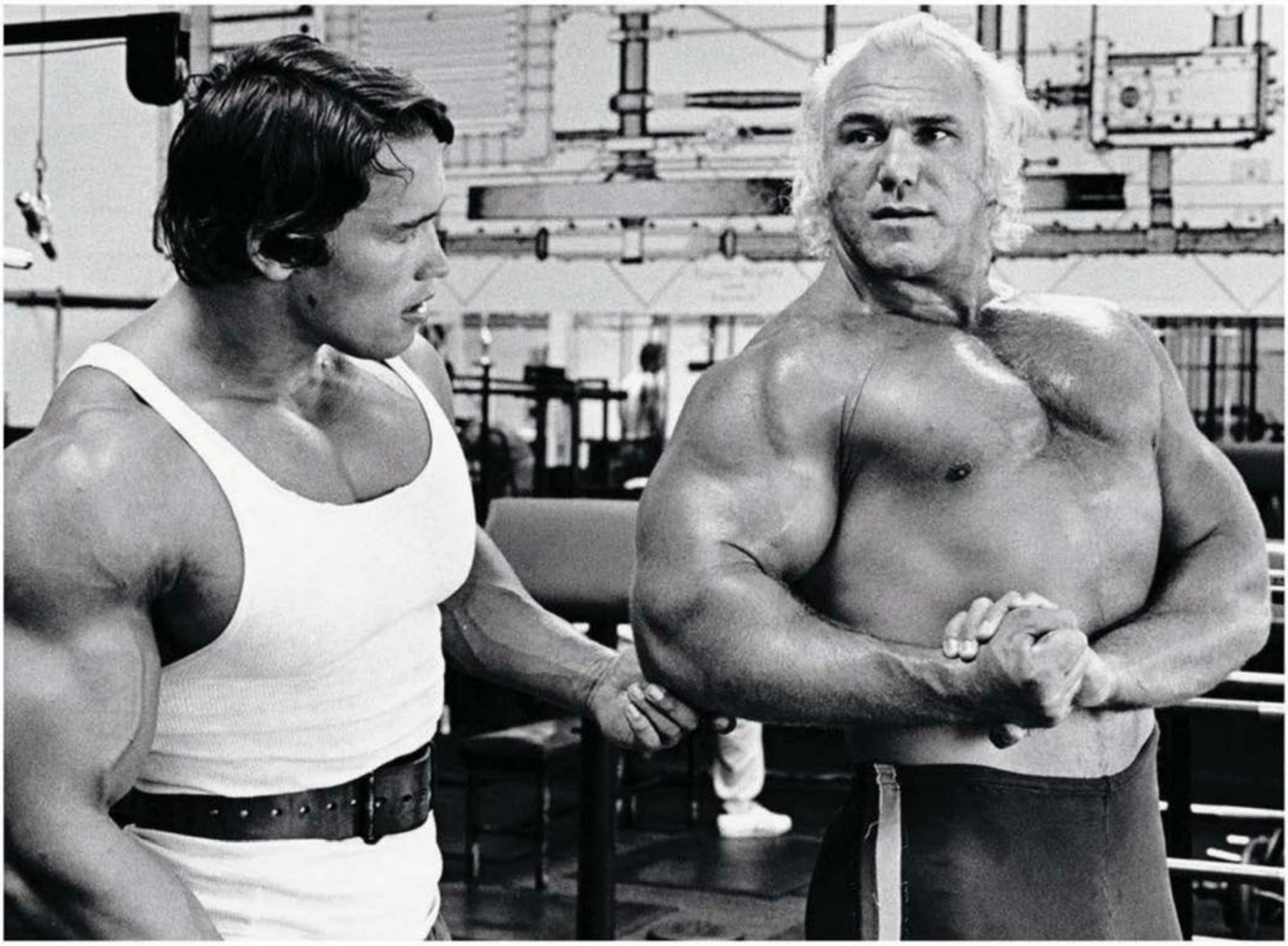
BY SEAN HYSON



BILLY GRAHAM

BORN June 7, 1943 **HEIGHT** 6'4"
WEIGHT 275 lbs **NAME** Eldridge Wayne Coleman **HOMETOWN** Paradise Valley, AZ

THE ONE WITH THE POWER WAS PRO WRESTLING'S FIRST MUSCLE MAN AND AMONG ITS ALL-TIME MOST CONTROVERSIAL FIGURES

One of the reasons pro wrestling exploded in the 1980s is a result of what Billy Graham did in the 1970s. A fast-talking, flamboyantly dressed bodybuilder turned grappler, Graham became sports entertainment's first true superstar, earning himself the moniker for life. (Note that today the WWE refers to all its wrestling talent as "superstars.") Hulk Hogan, Jesse Ventura, and Scott Steiner have all acknowledged his influence.

Calling himself the "Man of the Hour, the Man with the Power," parading around in feather boas and tie-dye, and posing his 22-inch guns, Graham was perhaps the first oversize personality—and physique—in an industry that would become known for larger-than-life entertainers. Graham trained with Arnold Schwarzenegger for a time at Gold's Gym in Venice, CA, and reputedly bench-pressed 600 pounds. In 1977, he pinned the legendary Bruno Sammartino to win the WWE world title.

Though Graham would later admit to abusing steroids, and suffering several serious health problems as a result, he remains one of the squared circle's most iconic characters. "I am the women's pet and the men's regret," he'd snarl into the microphone during interviews. "What you see is what you get, and what you don't see is better yet!"

FUN FACT

While Hulk Hogan is known for referring to others as "brother" in his interviews, Graham was the first to do so—a habit he picked up when he became a born-again Christian minister in his 20s.

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"I am pumped man! I had really hit a wall in my workouts and had just stopped seeing results. Then I ordered your products. Almost immediately I began to see results. Within 2 weeks my arms began to swell and my chest and shoulders just exploded. On my 7th week of an 8 week cycle using Winnabol and Deca-diboldazol and it is amazing. My bench press has went from 255 lbs up to 305 and still going. I'm doing more reps and more sets on every lift than ever before. I would highly recommend your products to anyone who wants to take that next big step. Thanks again guys!" Sincerely, Tony C U.S. Military - Proudly Serving Our Nation in Iraq

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IS ZYDRUNAS SAVICKAS THE **GREATEST STRONGMAN EVER?** WE MAY NEVER GET A CONSENSUS, BUT "BIG Z" MADE A STRONG ARGUMENT IN 2012.

PURE STRENGTH

BY STEVE DOWNS, C.S.C.S.

Just as NFL quarterbacks are judged by whether or not they've won a Super Bowl, strongmen are measured by how close they get to winning the World's Strongest Man competition. And among the legends of any sport, it's often not a question of *whether* they've won titles, but how many. "How many can he win?" is now the question hanging over Zydrunas Savickas, who notched his third WSM title in 2012 and won nearly every other contest he entered that year.

Consider the fact that in 2012, "Big Z" entered 18 professional strongman competitions and won 17 of them. That's akin to a pro bodybuilder winning the Arnold Classic, New York Pro, Mr. Olympia, Sheru Classic, and a handful of other IFBB shows all in the same competitive season.

In the past decade, Savickas has won the WSM three times, the MHP Arnold Strongman Classic six times, and the World Log Lift Championships three times. More shockingly, since 2003, he has set more than 60 strength world records. In one recent exposition of strength on Brazilian television, Savickas pulled a fully loaded car-carrier truck weighing 16 tons for a distance of 15 meters. He did various other strongman lifts as well, including tire flips with a 480-kilogram (1,058-pound) giant tire. In the gym, the 6'3", 378-pound behemoth's strength is equally impressive. His posted raw squat and deadlift numbers are a mind-blowing 970 pounds. His best raw bench is 617 pounds, and he boasts a log press of 485 pounds.

The 37-year-old owns Savickas Sports Club in Vilnius, Lithuania, where he also serves as a city council member. He trains five days a week with weights or other strength implements and does cardio on Saturdays.

Savickas eats five times a day, meals typically centered around whole-food proteins such as chicken, salmon, and beef. He gets his carbs from potatoes and fruit, which he eats throughout the course of the day.

Now that he's completed his brutal 18-competition 2012 run, Savickas intends to cut back in 2013. He plans to hit five to six competitions, including the World Truck Pull Championships. "Most important," he says, "I plan to win the 2013 World's Strongest Man title again and the World Log Lift Championship."

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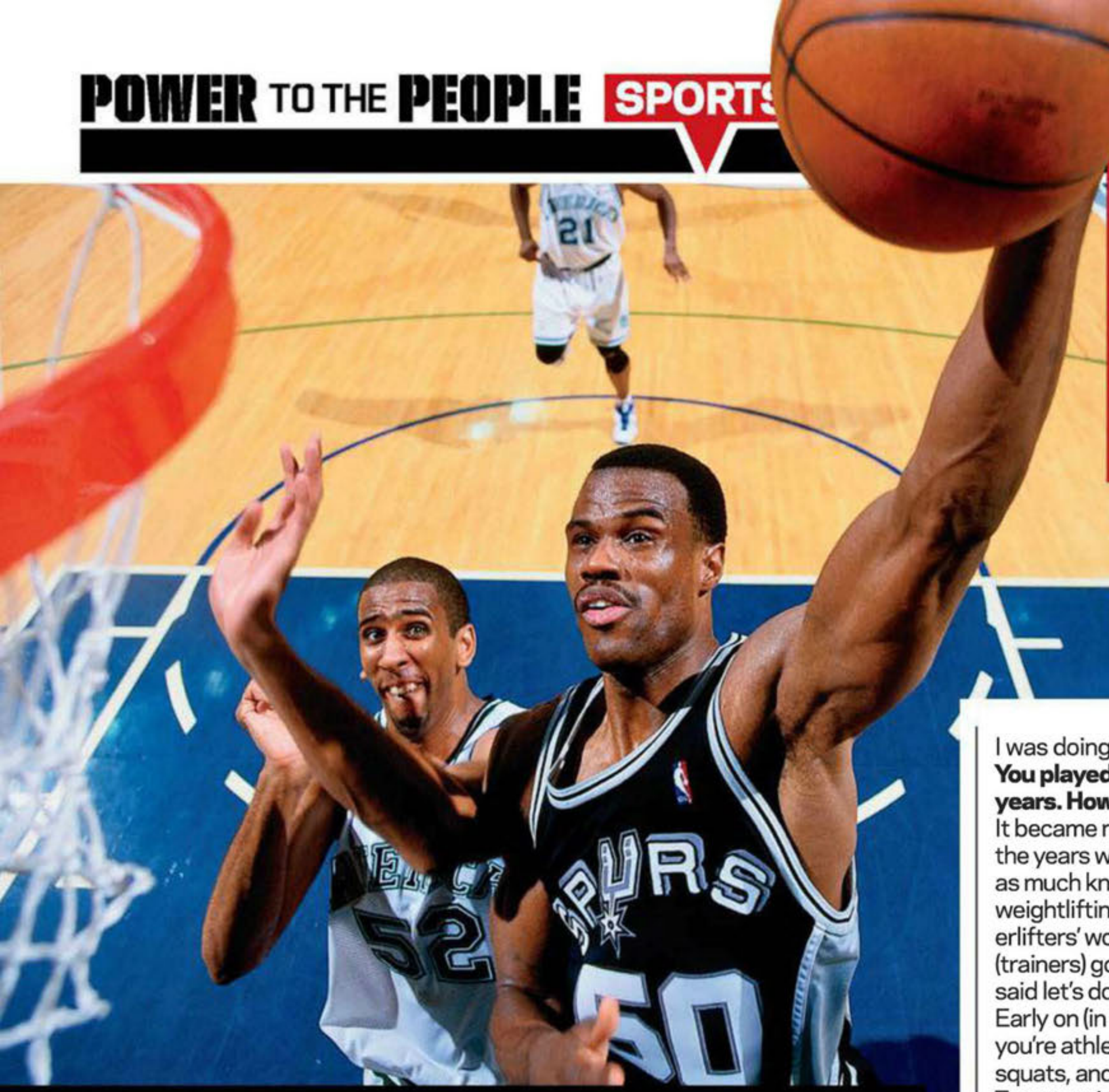

THE ADMIRAL.

DAVID ROBINSON, ONE OF THE BEST CENTERS IN NBA HISTORY, WEIGHS IN ON THE TRAINING AND NUTRITION THAT KEPT HIM IN THE GAME

BY SAM DEHORITY

In his early years in the NBA, David Robinson battled the likes of Kevin McHale, Karl Malone, and Hakeem Olajuwon. Later in his career, he was part of one of the great frontcourts in NBA history alongside Tim Duncan. By the time he retired, the Naval Academy graduate known as "the Admiral" had garnered an MVP award, two NBA titles, three Olympic medals, and 10 All-Star appearances. He recently sat down with *M&F* to chat about what kept him dominant for so long.

***M&F:* What was your lifting routine like during your playing days?**

DR: In the off-season I was pretty focused on lifting. I have a strange-shaped body in the sense that I have a pretty slim waist and a medium-size chest and shoulders. My weight was always 20 to 30 pounds lighter than most of the other centers. So I had to be stronger. Weightlifting was a real key part of my off-season. I focused not so much on the heavy weights as much as on good reps. (In season) it wasn't the same focus on the weights. Not the five times per week I was doing (in the off-season).

You played for more than a dozen years. How did your routine evolve?

It became more basketball centric as the years went on. Early on, there wasn't as much knowledge about the body and weightlifting, so everybody did the powerlifters' workout. As time went on our (trainers) got a little bit smarter and said let's do some moves with weights. Early on (in your career), you're young, you're athletic, you can go deep on squats, and you can do all types of things. Ten years in, your knees don't feel quite as good when you go down as far. There are a bunch of little things that you end up adjusting.

Did your diet evolve over time, too?

(At first) I was terrible about diet. I ate anything and everything. I was a big candy guy, so I would eat Twizzlers and stuff like pork rinds. As time went on and I could feel the effects of what I was doing, I got much more serious about eating more whole foods. One summer I was really looking into putting on some more weight, so I went up to Aspen and worked with a chef. Before that, I was just trying to do the shakes.

What's something the average guy just wouldn't understand about playing in the NBA?

The game, it's not so much about basketball. Everybody (in the NBA) can play. It's more about attitude and confidence. When you first come in, the very first thing they did to me was test me physically. Guys like Karl Malone and Patrick Ewing, they would just hit you and try and intimidate you and see if you had heart and wanted to play. To me, that was kind of one of the interesting things. When you go up and play against the Lakers or Celtics, you can't be afraid, you've just got to play.

QUICK FACT To date, David Robinson has given more than $11 million to charity. Follow him on Twitter: @davidtheadmiral

THE STATS

- **Age:** 47
- **Height:** 7'1"
- **Weight:** 250 lbs
- **Accolades:** NBA MVP, NBA Defensive Player of the Year, NBA Rookie of the Year

GETTY IMAGES (2)

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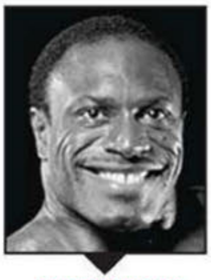

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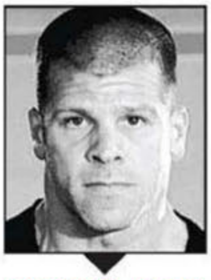

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Worldmags

REGROUP

TRAINING PARTNERS CAN HELP YOU FIND OPPORTUNITY IN ADVERSITY

BY DEAN STATTMANN

I recently made the biggest muscle gains of my life. It wasn't because of some new supplement I was taking or a different exercise that changed the way I trained a certain muscle, or any sort of combination of ideal conditions. In fact, it happened while I was completely out of my comfort zone.

When Hurricane Sandy slammed into New York City in October, *Muscle & Fitness*' office was hit hard. Unable to access our building after extensive flooding, we flew to Boca Raton, FL, to work out of our parent company's office and make sure the issue stayed on track. Making sure my training and diet stayed on track, I feared, wouldn't be so simple. Boca was an invitation to go off the rails. My hotel was across the street from the office, and I couldn't walk from one to the other without passing a handful of convenient fast-food options. It wasn't long before I resolved that this was not a time to focus on training or nutrition. Luckily, not everyone was thinking the same way.

The first people I caught up with in Boca were *M&F* editor-in-chief Shawn Perine and group training director Sean Hyson. Within five minutes of our first conversation, I knew what the best gym was, what the membership options were (they both already had theirs), where the biggest supplement store was, and when our first workout was going to take place.

In fewer than five minutes I went from seeing the trip as two weeks away from my routine to two weeks away from something even more significant—distractions.

Just like that, I was completely focused. We trained almost every day, and a new routine was born. We'd work during the day, then whoever had access to a car would drive the group to the gym, and afterward we'd all go for dinner. Senior editor Matt Tuthill, editorial assistant Sam DeHority, and art director Anthony Scerri all entered the fray, and in one epic workout that I will never forget, we all trained together.

The energy in those workouts was out of control. If you weren't on the bench, you were next to it shouting words of encouragement. If you forgot your protein shake, someone had your back. And just when you thought the workout was over, someone would suggest a biceps burnout. I've never trained harder in my life, and, consequently, I saw results that even I wouldn't have believed could come out of two weeks' work had they not been on my own body. We like to think that everything we achieve in the gym is our own. Your sweat, your results. The fact is, results depend on how far you're willing to push yourself, and a supportive group of training partners can push you a hell of a lot further than you ever could alone.

Dean Stattmann
Muscle & Fitness
food and nutrition editor

"THE ENERGY IN THOSE WORKOUTS WAS OUT OF CONTROL."

DEAN STATTMANN

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